# ATHLETIC

Vol. XIII, No. 7 March, 1933

The College Track and Field Honor Roll

Teaching a Novice to Throw the Discus
Sam A. Tenison

Handling the Team during the Tournament Season
Carl G. Harris
W. L. Bowers
Eugene Thomas

# JOURNAL

# *Coaches!* Don't let Light and Air Cheat Them of *Athlete's Foot Protection*

YOU, as coach and director, intensely interested in the physical fitness of your athletes, in order that they may derive the utmost benefit from your instruction, should be vitally concerned with the latest research in Athlete's Foot preventives.

Here are the surprising facts established by a famous chemical laboratory.

9 out of 10 preventives of Athlete's Foot are weakened by Light and Air and by contact with the body.

Upon exposure, they show a 10% loss in strength which increases until the disinfectant is worthless.

Derma-San never loses its strength. Light and Air cannot rob it of its effectiveness.

No preventive can safeguard your athletes' feet as safely and as economically as Derma-San — for Derma-San is *15 times more powerful than carbolic acid*. Most disinfectants used today are only 2 to 6 times stronger. Therefore, Derma-San dilutes with 300 parts of water while other preventives dilute with only 40. Three tablespoonsful of Derma-San to each *gallon* of water kills all Athlete's Foot spores.

Your athletes need *guaranteed* protection against Athlete's Foot. But obsolete preventives can not give it for no preventive but Derma-San is made according to the Derma-San scientific formula.

Investigate Derma-San, in fairness to the students' health. Remember, Light and Air cannot rob it of its strength. That's why this new type of Athlete's Foot preventive *guarantees* real security.

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*72 to 76 Duchess St.*
*Toronto, Ont.*

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## DOUBLE STRENGTH DISINFECTANT

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THE HUNTINGTON LABORATORIES, INC.

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Made by the makers of SEAL-O-SAN, the 100% Non-Slippery Floor Finish for Gymnasiums

# BUILT TO YOUR SPECIFICATIONS . . .

**● America's coaches and trainers tell Bike Web the features of the ideal athletic supporter**

**Says prize-winner . .** *Arthur Glattke*

Basketball and Football Coach, Libbey High School, Toledo, writing in Bike Web's great 1932 contest about the features of the perfect supporter—

1 *Tailored Correctly.* Should be protecting, supporting, and comfortable.

2 *Well Stitched.* No opening of seams.

3 *Proper Elasticity.* No binding or stopping of circulation.

4 *No Chafing.* Either by materials used or the manner of manufacture.

5 *Sanitary.* No harmful chemicals used in preparing the materials used.

6 *Sweat Proof.* Materials used in manufacture should be able to withstand the powerful destructive action of perspiration.

7 *Durable.* Be able to withstand repeated washings and yet retain all of its original qualities.

8 *Identification Mark.* Each supporter should have on the trade-mark or elsewhere its own identification mark. Frequently, in team rooms, rubber stamps are supplied for this purpose in order to prevent the wearing, by mistake, of another's supporter and the subsequent harm thereof.

9 *Low Priced.* Within reach of everyone's purse.

10 *Guarantee.* To give satisfaction in every respect.

**BIKE** • For more than 60 years the coaches' favorite athletic supporter • Sold by sporting goods dealers everywhere.

**REMEMBER,** the contest is over, but Bike Web always welcomes your practical suggestions which may help us produce a more perfect supporter.

**That's Bike!** Every feature listed by Mr. Glattke, except No. 8, is incorporated in Bike, the one-piece, all-elastic supporter made of softest webbing. It s-t-r-e-t-c-h-e-s—not too much, not too little—to *feel right* when in use. It's durable. It's made clean and sanitary as a surgical dressing. It's been the coaches' favorite for more than 60 years.

**BIKE WEB MANUFACTURING CO.**
**Division of The Kendall Company**
**2500 South Dearborn Street, Chicago, Illinois**

VOLUME XIII

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NUMBER 7

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Whether you're talking to a "sand lotter" or big league World's Series "star", you'll always hear D & M Gloves and Mitts boosted to the skies. Ever since the major leagues were first organized, big league players have depended on D & M equipment,—*and more so today than ever.* Every conceivable feature of design and manufacture has been taken into consideration in making D & M Gloves and Mitts "The Pride of the Big Leagues."

Take, for example, the special tannage of leather, "Wapiti Kip", which is used exclusively by Draper-Maynard. This superior grade of hide is longer wearing, more pliable, and requires practically no "breaking in". The two popular D & M Gloves shown below are constructed of Wapiti Kip.

Give your players the confidence and fielding advan ages of using the same equipment which is the universal choice of big league players. D & M models are available in a price range which will comform to your budget. The whole line is described in the new D & M Catalog. You will also want the new D&M Baseball Rule Book, and Uniform Catalog, too.

## THE DRAPER-MAYNARD COMPANY

**Dept. A-3, Plymouth, N. H.**

**Popular D & M Gloves**
(See Illustration)

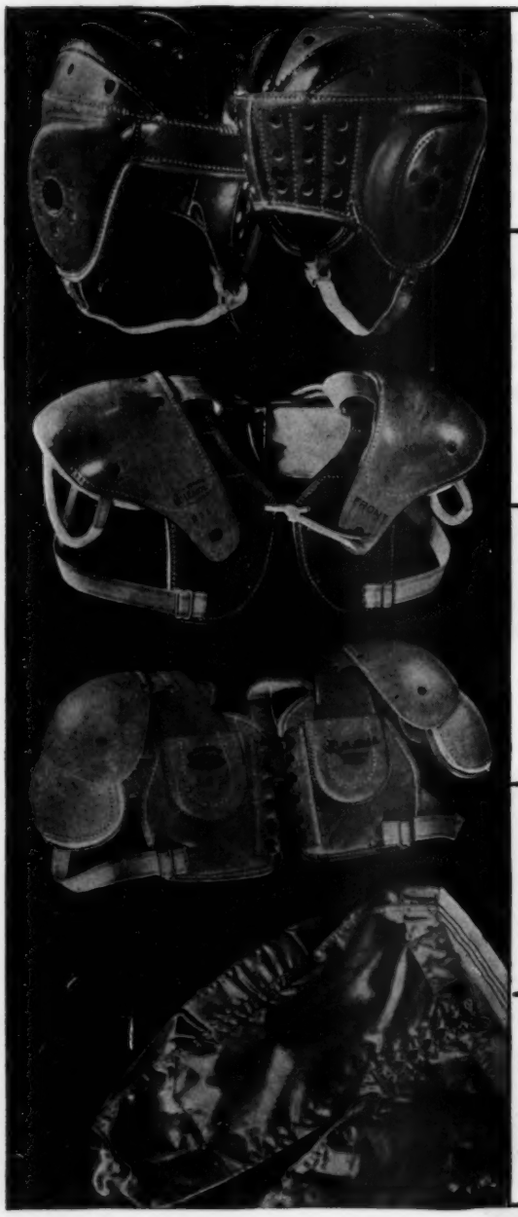
At the left is the D & M G92D Glove, made of Wapiti Kip exactly like the one used by Chuck Klein and carrying his hearty endorsement. The D & M Natural Scoop Glove, No. G97X, is shown at the right. This is constructed according to the specifications of Hugh Critz and bears his signature as a sign of his approval. Both gloves fully described in FREE CATALOG.

**D & M Ball and Mitts**
(See Illustration)

The D & M No. 670 Baseman's Mitt (above) embodies original features developed by Lew Fonseca. The No. 703 Catcher's Mitt (left) is the leading behind-the-bat mitt in both American and National Leagues. The finest core-to-cover construction possible is incorporated in the D & M No. 200C Official League Baseball. Send for FREE CATALOG describing D & M Baseball and Athletic Equipment.

# NEW

**Wilson will not allow depression to jeopardise its leadership. An agressive program has made the 1933 Wilson line of football equipment outstanding with improvements and added features.**



## THE HOWARD JONES HELMET

The Howard Jones Helmet has a temple protective construction which is new — Coach Jones makes great claims for it. The corset back provides a maximum of protection still allowing a great deal of flexibility in back. It fits snugly and comfortably.

## THE "POP" WARNER SHOULDER HARNESS

The "Pop" Warner shoulder harness is an innovation in football equipment. The strong leather armour plate shoulder protection has its attachment well to the front and back of the pad so that any blow on the shoulder is diffused over the whole body of the pad. This leather shoulder plate is so attached that it raises or lowers with arm allowing freedom of movement for throwing.

## D. X. BIBLE LINE OF EQUIPMENT

The D. X. Bible shoulder pad which enjoyed such wide acceptance last year has been improved with double extra long shoulder plates this season. Suspended shoulder straps protect the collar bone from the top and the shoulder plates protect that vulnerable spot where collar bone, shoulder blade and arm bone meet at shoulder; also the deltoid muscle which holds this articulation in place is kept from danger.

## JOCKEY SATIN PANTS

Jockey satin is a new high lustre finish, closely woven fabric several times stronger than the ordinary football pants silk. It's light in weight and extremely serviceable and is available in regular tan and a wide variety of brilliant colors.

## NEW MODELS — IMPROVED DESIGNS

The items mentioned above reflect the general improvement of the entire Wilson line for '33. They make not only for greater attractiveness but they are extremely practical — meeting new demands in equipment for the game.

# Wilson
## SPORTS EQUIPMENT

**WILSON-WESTERN SPORTING GOODS CO.**

NEW YORK CHICAGO DENVER LOS ANGELES SAN FRANCISCO PORTLAND

# The College Track and Field Honor Roll

*William Graber, University of Southern California*

IN the last issue of the ATHLETIC JOURNAL was published the National Collegiate Athletic Association Honor Roll for the track season of 1932. Records and form of the men in the track events were discussed in that number. In the present issue, details concerning the men in the 400-meter hurdles and the field events are presented.

It has been the aim of the ATHLETIC JOURNAL to obtain from the coaches of these outstanding athletes details of form such as are most interesting and beneficial to other coaches and other athletes. In those instances below in which no discussion of form has been given, the coach has failed to supply the necessary information. Another aim in this presentation of excellent athletes is the publishing of action pictures rather than posed photographs.

Without the co-operation of coaches, this interesting annual feature of the ATHLETIC JOURNAL would be impossible. The Editor takes this opportunity to express his gratitude to those coaches who in the past years have sent in interesting data and photographs. He wishes to make these suggestions: Because of the difficulty of obtaining good action pictures, it is suggested that coaches have action pictures taken of their most promising athletes during the approaching track season. These may then be filed away. Then, if and when these men are placed on the Honor Roll, interesting pictures of them are instantly available. Because the form and methods of training are more interesting to coaches and athletes than mere restatements of records, it is suggested that in the future when coaches send in data on their Honor Roll men they make particular effort to include this material on form and training methods.

Readers who failed to receive the February issue of the ATHLETIC JOURNAL containing the discussion of the Honor Roll men in the track events should notify the Editor at once.

(*Continued from February*)

### *The Pole Vault*

SEVERAL times during the season of 1932, the great vaulters, William Graber of Southern California and William W. Miller of Stanford competed against each other. Although Miller captured the Olympic title, Graber's mark of 14 feet 4⅜ inches, set in one of the Olympic Tryouts, was the highest of the year and a new world's record.

Graber began the 1932 season working toward the goal of all American athletes: the American Olympic team. Some of his admirers believe that with his nearly perfect form and great speed and strength, it is possible for him to add inches to his world's record height which assured him membership on the Olympic squad. Graber leads the vaulters on the Honor Roll for the second successive year. His best 1931 height was 14 feet ½ inch.

At the start of his sophomore year, Graber had speed and shoulder power, but was deficient in timing. Coach Dean Cromwell drilled him on this weakness and so increased his natural abilities that he rose in his first year of varsity competition from an almost unknown sophomore, occasionally clearing twelve feet, to I. C. A. A. A. A. champion with his recorded height of 14 feet ½ inch.

Graber is twenty-two years old and is about six feet in height. He resembles considerably in build Sabin Carr, Yale's great vaulter of a few years ago. He is this year a senior at Southern California.

A product of backyard and schoolboy vaulting which began in childhood, William Miller has developed along natural lines by increased pressure of competition. He has a beautifully timed pull-up and wonderful mechanical control. Comparatively small, he has well-developed arms and shoulders.

George J. Jefferson, track captain at the University of California (Los Angeles) was a member of the United States Olympic team in 1932, winning third place in

# COLLEGIATE HONOR ROLL

### 100-YARD DASH

| | | |
|---|---|---|
| Ralph Metcalfe (Marquette) | 9.5s | National Collegiate. |
| Robert A. Kiesel (California) | 9.5s | California Intercollegiate. |
| Frank Wykoff (So. California) | 9.6s | U. S. C. vs. Occidental. |
| Don J. Bennett (Ohio State) | 9.6s | Ohio State vs. Michigan. |
| James A. Johnson (Illinois Nor.) | 9.6s | Illinois Intercollegiate. |
| C. L. Smutny (Nebraska) | 9.7s | Big Six Conference. |
| Walden Smith (Amarillo Jr. Coll.) | 9.7s | State Jr. Coll. Conference. |
| Leslie I. Hables (Stanford) | 9.7s | Stanford vs. Olympic Club. |
| Richard L. Lacey (Colgate) | 9.7s | Colgate vs. Brown. |

### 100-METER DASH

| | | |
|---|---|---|
| Ralph Metcalfe (Marquette) | 10.2s | National Collegiate. |
| Frank Wykoff (So. California) | 10.4s | Olympic Tryouts (Los Angeles). |

### 220-YARD DASH

| | | |
|---|---|---|
| Ralph Metcalfe (Marquette) | 20.5s | National Collegiate. |
| Haskett H. Derby (Princeton) | 21.0s | Princeton vs. Yale. |
| James A. Johnson (Illinois Nor.) | 21.1s | National Collegiate (Trial). |
| Robert A. Kiesel (California) | 21.1s | Stanford vs. California. |
| Raymond Burns (Butler) | 21.1s | Indiana Little State. |
| Harold Wright (Utah) | 21.1s | Rocky Mountain Conf. (Trial). |
| Frank Wykoff (So. California) | 21.2s | So. California vs. Stanford. |
| H. A. Hellmich (Illinois) | 21.2s | Michigan vs. Illinois. |
| Ed Meyer (Texas) | 21.2s | Texas vs. Abilene Christian. |
| Jack Burnett (Mississippi) | 21.2s | Mississippi vs. Alabama. |

### 200-METER RUN

| | | |
|---|---|---|
| Ralph Metcalfe (Marquette) | 20.3s | National Collegiate. |
| James A. Johnson (Illinois Nor.) | 21.3s | Olympic Semi-final (Evanston). |
| John J. Waybright (Navy) | 21.3s | Olympic Semi-final (Boston). |

### 440-YARD RUN

| | | |
|---|---|---|
| Ben Eastman (Stanford) | 46.4s | Stanford vs. Los Angeles A. C. |
| William A. Carr (Pennsylvania) | 47.0s | I. C. A. A. A. A. |
| Alex Wilson (Notre Dame) | 48.3s | National Collegiate. |
| Edwin F. Russell (Michigan) | 48.4s | Western Conference. |
| Ed. Ablowich (So. California) | 48.5s | I. C. A. A. A. A. (Trial). |
| Roger Keast (Michigan State) | 48.6s | National Collegiate (Trial). |
| Karl D. Warner (Yale) | 48.6s | Yale vs. Princeton. |
| Haskett H. Derby (Princeton) | 48.6s | Princeton vs. Harvard. |
| R. P. Ostergard (Nebraska) | 48.8s | Big Six Conference. |
| Arnold G. Adams (Bates) | 48.8s | New England Intercollegiate. |
| Alex Cox (Texas) | 48.8s | Southwest Conference. |

### 400-METER RUN

| | | |
|---|---|---|
| William A. Carr (Pennsylvania) | 46.2s | Olympic Games. |
| Karl D. Warner (Yale) | 47.6s | Olympic Semi-final (Boston). |
| Ivan Fuqua (Indiana) | 48.0s | National Collegiate. |
| Ed. Ablowich (So. California) | 48.0s | Olympic Tryouts (Los Angeles). |

### 880-YARD RUN

| | | |
|---|---|---|
| Ben Eastman (Stanford) | 1:50.9 | Pacific Coast A.A.U. |
| N. Penrose Hallowell (Harvard) | 1:52.6 | Harvard vs. Yale. |
| Charles C. Hornbostel (Indiana) | 1:53.5 | National Collegiate. |
| Glenn Cunningham (Kansas) | 1:53.5 | Big Six Conference. |
| Adolph Schiller (Texas) | 1:55.4 | Southwest Conference. |
| William McGeagh (So. California) | 1:55.7 | U.S.C. vs. Olympic Club. |
| Ward Hardman (Navy) | 1:55.8 | Navy vs. William and Mary. |
| Wayland F. Dunaway (Penn State) | 1:55.8 | Penn State vs. North Carolina. |
| Earl Labertew (Iowa State) | 1:56.0 | Iowa Collegiate. |
| George Adams (Texas) | 1:56.0 | Southwest Conference. |

### 800-METER RUN

| | | |
|---|---|---|
| Charles C. Hornbostel (Indiana) | 1:52.4 | Olympic Games (Trial). |

### ONE-MILE RUN

| | | |
|---|---|---|
| Glenn Cunningham (Kansas) | 4:11.1 | National Collegiate. |
| J. R. Mangan (Cornell) | 4:14.8 | I.C.A.A.A.A. |
| Ward Hardman (Navy) | 4:16.4 | Navy vs. Ohio State. |
| Ray Swartz (Western State Teachers) | 4:18.6 | Central Intercollegiate. |
| Cliff Halstead (So. California) | 4:19.9 | California Intercollegiate. |
| Donald Macrae (Carleton) | 4:19.9 | Carleton vs. Grinnell. |
| Lyle Chapman (Iowa State) | 4:21.0 | Iowa Collegiate A.A. |
| Henry A. Brocksmith (Indiana) | 4:21.1 | Western Conference. |
| James A. O'Connor (Michigan Nor.) | 4:21.2 | Michigan State Intercollegiate |

### 1500-METER RUN

| | | |
|---|---|---|
| N. Penrose Hallowell (Harvard) | 3:52.7 | Olympic Final Tryouts. |
| Glenn Cunningham (Kansas) | 3:53.1 | National Collegiate. |
| Henry A. Brocksmith (Indiana) | 3:57.2 | Olympic Final Tryouts (Trial). |

### TWO-MILE RUN

| | | |
|---|---|---|
| Henry A. Brocksmith (Indiana) | 9:13.6 | Drake Relays. |
| Charles Shugert (Miami) | 9:16.7 | National Collegiate. |
| Joseph P. McCluskey (Fordham) | 9:22.2 | I.C.A.A.A.A. |
| John Currell (Minnesota) | 9:23.0 | Minnesota vs. Wisconsin |
| Ward Hardman (Navy) | 9:28.8 | Navy vs. Maryland. |
| Arthur Foote 2d (Harvard) | 9:34.0 | Harvard vs. Yale. |
| William R. Bonthron (Princeton) | 9:36.8 | Princeton vs. Yale. |
| George H. Barker (N.Y.U.) | 9:38.8 | N.Y.U. vs. Columbia. |
| L. Friche (Illinois Nor.) | 9:40.0 | Central Intercollegiate. |

### 120-YARD HURDLES

| | | |
|---|---|---|
| George Saling (Iowa) | 14.1s | National Collegiate. |
| James Payne (So. California) | 14.5s | Olympic Tryouts (Los Angeles). |
| Charles Scheifley (Minnesota) | 14.7s | National Collegiate (Trial). |
| A. R. Flick (Kansas) | 14.7s | Big Six Conference. |
| Edw. Welsh (So. California) | 14.7s | U.S.C. vs. Stanford. |
| Jack Keller (Ohio State) | 14.8s | Penn Relays. |
| Joseph Bills (So. California) | 14.8s | U.S.C. vs. Olympic Club. |
| Charles Casper (Texas Christian) | 14.9s | Texas Christian vs. So. Methodist. |
| A. W. Meier (Stanford) | 14.9s | Olympic Club-S.F.U.-Stanford. |
| Edwin Bath (Michigan State) | 15.0s | Michigan State vs. Notre Dame. |
| Eugene Record (Harvard) | 15.0s | I.C.A.A.A.A. |
| Jay Westcott (Michigan Nor.) | 15.0s | Michigan Nor. vs. Chicago. |
| Ed Roden (Wisconsin) | 15.0s | Wisconsin vs. Marquette. |
| C. Mears (Miami) | 15.0s | Miami vs. Ohio Wesleyan. |

### 110-METER HURDLES

| | | |
|---|---|---|
| George Saling (Iowa) | 14.2s | National Collegiate. |
| Jack Keller (Ohio State) | 14.4s | Olympic Final Tryouts. |

### 220-YARD HURDLES

| | | |
|---|---|---|
| Jack Keller (Ohio State) | 22.7s | National Collegiate. |
| George Saling (Iowa) | 23.1s | National Collegiate (Trial). |
| Charles Casper (Texas Christian) | 23.2s | Southwest Conference. |
| H. A. Lambertus (Nebraska) | 23.4s | Big Six Conference. |
| John W. Brooks (Chicago) | 23.4s | Quadrangular Meet. |
| A. R. Flick (Kansas) | 23.4s | Kansas vs. Missouri. |
| Norman Paul (So. California) | 23.5s | U.S.C. vs. Stanford. |
| Charles E. Scarlett (Princeton) | 23.6s | Princeton vs. Yale. |
| Clyde Blanchard (Arizona) | 23.6s | Arizona vs. State Teachers. |
| Charles Scheifley (Minnesota) | 23.7s | National Collegiate (Trial). |

### 400-METER HURDLES

| | | |
|---|---|---|
| Glen Hardin (Louisiana State) | 52.8s | Olympic Tryouts. |
| Eugene Beatty (Michigan Nor.) | 52.9s | National Collegiate. |
| Clyde Blanchard (Arizona) | 54.1s | Olympic Final Tryouts. |

### POLE VAULT

| | | |
|---|---|---|
| William Graber (So. California) | 14ft. 4¾in. | Olympic Final Tryouts. |
| William W. Miller (Stanford) | 14ft. 1¾in. | Olympic Games. |
| George J. Jefferson (U.C.L.A.) | 13ft. 10½in. | Olympic Final Tryouts. |
| Don Zimmerman (Tulane) | 13ft. 10½in. | Olympic Final Tryouts. |
| Bryce Beecher (Indiana) | 13ft. 10in. | National Collegiate. |
| Keith S. Brown (Yale) | 13ft. 10in. | Olympic Semi-final (Boston). |
| Wirt L. Thompson (Yale) | 13ft. 10in. | I.C.A.A.A.A. |
| George F. Pool (California) | 13ft. 8¾in. | California vs. Stanford. |
| Ted Lee (Yale) | 13ft. 8½in. | I.C.A.A.A.A. Indoor. |
| Ralph Lovshin (Wisconsin) | 13ft. 6in. | Drake Relays. |
| John W. Wonsowitz (Ohio State) | 13ft. 6in. | National Collegiate. |
| Leon Schram (Marquette) | 13ft. 6in. | National Collegiate. |
| James McKinley (Michigan Nor.) | 13ft. 6in. | National Collegiate. |
| E. E. Lenington (Illinois) | 13ft. 6in. | National Collegiate. |
| Elton Hess (Minnesota) | 13ft. 6in. | National Collegiate. |
| F. E. Pierce (Yale) | 13ft. 6in. | I.C.A.A.A.A. |
| Oscar Sutermeister (Harvard) | 13ft. 6in. | I.C.A.A.A.A. Indoor. |

### HIGH JUMP

| | | |
|---|---|---|
| Bert Nelson (Butler) | 6ft. 7¾in. | Central Intercollegiate. |
| Robert Van Osdel (So. California) | 6ft. 6½in. | Olympic Final Tryouts. |
| Walter Marty (Fresno State) | 6ft. 6in. | Olympic Semi-final (Long Beach). |
| Worth Watkins (Abilene Christian) | 6ft. 5¾in. | A.C.C. vs. Texas A.& M. |
| D. A. McNaughton (So. California) | 6ft. 5¾in. | Olympic Games. |
| Howard Spencer (Geneva) | 6ft. 5¾in. | Geneva vs. Ohio Wesleyan. |
| William Brannon (So. California) | 6ft. 5½in. | West Coast Relays. |
| Ted W. Shaw (Wisconsin) | 6ft. 5in. | National Collegiate. |
| W. Newblock (Oklahoma) | 6ft. 4in. | National Collegiate. |
| M. Ehrlick (Kansas State) | 6ft. 4in. | Kansas State vs. Creighton. |
| William B. O'Connor (Columbia) | 6ft. 4in. | I.C.A.A.A.A. |

### BROAD JUMP

| | | |
|---|---|---|
| C. Lambert Redd (Bradley Tech) | 25ft. 6¾in. | National Collegiate. |
| Richard Barber (So. California) | 25ft. 4¾in. | Olympic Final Tryouts. |
| John W. Brooks (Chicago) | 25ft. 4¾in. | Olympic Final Tryouts. |
| Norman Paul (So. California) | 24ft. 9¾in. | West Coast Relays. |
| Weldon Hale (Rice) | 24ft. 9¾in. | Southwest Conference. |
| John H. Johnson (So. California) | 24ft. 5¾in. | Olympic Final Tryouts. |
| C. Meil (Oklahoma) | 24ft. 5in. | Triangular Meet. |
| J. H. Morris (Oklahoma) | 24ft. 5in. | Olympic Tryouts (Norman). |
| Armin Dreusicke (Elmhurst) | 24ft. 4in. | National Collegiate. |
| Thomas McNally (Holy Cross) | 24ft. 2¾in. | Olympic Final Tryouts. |

### HOP, STEP AND JUMP

| | | |
|---|---|---|
| Sidney Bowman (Louisiana State) | 48ft. 11¼in. | Olympic Final Tryouts. |
| Roiland Lee Romero (Loyola, NO) | 48ft. 10¼in. | Olympic Final Tryouts. |
| C. Lambert Redd (Bradley Tech) | 48ft. 3½in. | National Collegiate. |

### 16-LB. SHOT

| | | |
|---|---|---|
| Hugh Rhea (Nebraska) | 52ft. 5¾in. | National Collegiate. |
| Nelson Gray (Stanford) | 51ft. 11½in. | I.C.A.A.A.A. |
| B. M. Irwin (Texas A.& M.) | 50ft. 1in. | Texas-Texas A.& M.-Rice. |
| Charles F. Jones (N.Y.U.) | 50ft. | Penn Relays. |
| Fred DeBerry (California) | 49ft. 10¾in. | Stanford vs. California. |
| Thomas Gilbane (Brown) | 49ft. 10¾in. | New England Intercollegiate. |
| Hueston Harper (So. California) | 49ft. 9½in. | I.C.A.A.A.A. |
| LeRoy Dues (Detroit City) | 49ft. 8¾in. | Olympic Semi-final (Evanston) |
| John C. Lyman (Stanford) | 49ft. 8½in. | I.C.A.A.A.A. |
| Henri J. Laborde (Stanford) | 49ft. 6in. | I.C.A.A.A.A. |

### DISCUS

| | | |
|---|---|---|
| Robert F. Jones (Stanford) | 160ft. 9in. | I.C.A.A.A.A. |
| Henri J. Laborde (Stanford) | 159ft. | I.C.A.A.A.A. |
| Frank L. Purma (Illinois) | 157ft. 9¾in. | Illinois-Indiana-Purdue. |
| Joseph P. Crowley (Yale) | 157.34ft. | Olympic Final Tryouts. |
| Robert Hall (So. California) | 154ft. 4½in. | I.C.A.A.A.A. |
| Booker Brooks (Michigan) | 153ft. 6in. | National Collegiate. |
| Graham Batchellor (Georgia) | 153ft. 2in. | National Collegiate. |
| Norwood Mountain (Penn Coll.) | 153ft. 1¾in. | Olympic Tryouts (Iowa City) |
| Melvin Thornhill (Kansas) | 152ft. | National Collegiate. |
| Robert Kleckner (S.F.U.) | 149ft. 8½in. | S.F.U. vs. California Agri. |

### JAVELIN

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|---|---|---|
| Malcolm W. Metcalf (Dartmouth) | 220ft. 10¾in. | I.C.A.A.A.A. |
| G. Dewey Williams (Hampton Inst.) | 215ft. | National Collegiate. |
| Ralston LeGore (North Carolina) | 208ft. 7in. | North Carolina vs Navy. |
| Frank Williamson (So. California) | 204ft. 8½in. | I.C.A.A.A.A. |
| Duane Purvis (Purdue) | 204ft. 4¾in. | National Collegiate. |
| C. M. Sample (Arizona) | 204ft. 3¾in. | National Collegiate. |
| Graham Batchellor (Georgia) | 202ft. | National Collegiate. |
| Marion Hammon (So. Methodist) | 200ft. | Texas-S.M.U.-Baylor. |
| William Footrick (Springfield) | 199ft. 11¾in. | Olympic Semi-final (Boston). |

### 16-LB. HAMMER

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| Peter Zaremba (N.Y.U.) | 170ft. 6½in. | I.C.A.A.A.A. |
| Grant McDougal (Pennsylvania) | 168.20ft. | Olympic Final Tryouts. |
| Mortimer R. Reznick (N.Y.U.) | 164.78ft. | Olympic Final Tryouts. |
| Victor T. Malin (Yale) | 164ft. 7½in. | I.C.A.A.A.A. |
| G. W. Miller Jr. (West Virginia) | 163ft. 3¾in. | West Virginia vs. Temple. |
| M. J. Finlayson (Harvard) | 160ft. 7½in. | Harvard vs. Yale. |
| Delma L. Galbraith (Bowdoin) | 159ft. 7½in. | New England Intercollegiate. |
| A. D. Converse (Yale) | 159ft. ¾in. | I.C.A.A.A.A. |
| Norman C. Perkins (Colby) | 158ft. 10¾in. | I.C.A.A.A.A. |
| N. L. Biddinger (Indiana) | 157ft. 10in. | Western Conference. |

the pole vault at 13 feet 10½ inches. He is 5 feet 9 inches tall, weighs 160 pounds and is twenty-two years old. He vaults left-handed. He attended Inglewood, California, High School and Compton Junior College. He enrolled as a junior at U. C. L. A. in 1931.

Jefferson gave great promise as a vaulter in preparatory schools, but during the summer of 1931 in the national A.A.U. meet at Lincoln, Nebraska, stepped on a piece of broken glass and cut his "push off" toe severely. It was thought for a time that his jumping days were over, but surgical attention and painstaking exercise finally solved the difficulty and toward the end of the spring of 1932 he was beginning to get into stride again.

His name appeared about midway in the results of the West Coast Relays at Fresno, a spring event in which all the principal college and club athletes of the state participate. Later he placed in the I.C.A.A.A.A. Meet at Berkeley, qualifying for the Olympic Trials. In this event, held at Stanford, he met the country's leading vaulters including Bill Miller of Stanford, Olympic Champion, Bill Graber, U.S.C., Intercollegiate Champion; Zimmerman, Sturdy and McDermont. He tied for third place with Sturdy, McDermont and Zimmerman. In vaulting off the tie, he defeated these men and qualified for the Olympic Games at 13 feet 11⅝ inches. This is his best record to date. In the Olympic competition he placed third to Miller and Uchida of Japan. His height was 13 feet 10 inches.

Jefferson is a very modest and quiet fellow who practices conscientiously every school day. He serves as an inspiration for freshmen and sophomore athletes and

as such contributes a great deal to the work of Coach Harry Trotter and his assistants.

*Chronological Record of George J. Jefferson*

1924—Inglewood High School—Best vault, 9 feet.

1928—Inglewood High School (Senior)—Winner of Southern California Interscholastic Championship; height, 13 feet.

1930—Compton Junior College — Winner of dual meet between combined Southern California junior colleges and the University of California (Berkeley); height, 13 feet 6 inches.

1931—Los Angeles Athletic Club — Third place in both Junior and Senior divisions of National A. A. U. Meet (Lincoln, Nebraska); height, 13 feet.

Jefferson has also competed in the high jump, attaining a mark of 6 feet in competition. In the discus throw he has reached 122 feet.

Don Zimmerman, Jr., of Tulane University, made his best mark of 1932 in the Olympic Final Tryouts.

Zimmerman's weight during the football season is around 187 to 190 pounds; and in order to get in condition for the track season most of his spare time is spent in the gymnasium. His weight when in shape for track is 170 pounds. During the track season, one-half of his training time is spent in the development of his arms and shoulders by work on the parallel bars, rope climbing and similar exercises.

In pole vaulting, being a very fast sprinter, Zimmerman gets plenty of speed down the runway, which is necessary for his type of vaulting. He has no trouble with his take-off. On the pull-up, he has a powerful pull combined with a very fast pendulum.

He has practically no arch in clearing the bar at a low height, the pendulum swinging him across the bar with very little push-up. He has developed a semi-jack with his push-up, which he uses as the bar is raised.

Zimmerman is a clean-cut college athlete, of exceptionally fine personality and at his best when the competition is hardest, according to his coach, Forrest E. Oakes.

He is a great all-around athlete. He was an All-American halfback in football in 1932, a fine javelin thrower in high school; a broad jumper who has gone better than 24 feet; a splendid baseball pitcher.

William Bryce Beecher's success in pole vaulting was primarily due to his love for gymnastics. He improved consistently each year and was a fine competitor. In the Western Conference Indoor Meet the responsibility of winning or losing the meet for Indiana University found him able to give his best effort, and in the N. C. A. A. Meet it was up to Beecher again to win a championship for his team.

Keith S. Brown and Wirt L. Thompson of Yale University both cleared 13 feet 10 inches during the year. Brown made his best mark in the Olympic Semifinal at Boston; Thompson in the I. C. A. A. A. Meet. These vaulters are two of the four Yale athletes on the Honor Roll in the pole vault and are carrying on the fine tradition set by Sabin Carr and Frederick Sturdy in former years.

George F. Poole graduated in 1932 from the University of California (Berkeley). He was twenty-two years old. He weighed 180 pounds and was 6 feet 3 inches tall.

Poole used his height and reach to good advantage. Upon planting the pole in the chute he made a tremendous jump upwards off his left leg. He delayed his pull longer than most vaulters, getting a long pendulum swing before pulling. Once he began to pull, he carried on through with a peculiar twisting of the body and legs until over the bar. At this point, he whipped the legs down to clear with the chest.

When vaulting, Poole could lift his body to tremendous heights. His main difficulty was in clearing his arms, a science which he nearly mastered. Inability to clear his arms robbed him of several jumps in excess of fourteen feet.

Ted Lee is the third Yale vaulter on the Honor Roll. His best mark was made indoors at the I. C. A. A. A. A. Meet during the winter season. This was over two inches better than his best 1931 mark, made outdoors.

Ralph Lovshin, Wisconsin's 1933 track captain, entered the University of Wisconsin from Chisholm, Minnesota. He is now a senior in the School of Education. He has what his coach, Tom Jones, considers an ideal temperament for track captain. He is a clean trainer, likes the sport, is a good competitor and a willing and conscientious worker.

Lovshin is twenty-one years old, 6 feet tall and weighs 175 pounds. He is a natural all-around athlete, excelling in the pole vault, high jump and broad jump. He can do better than 40 feet with the shot. He ran as anchor man on the shuttle hurdle relay team which won second place in the Drake Relays. He has also won his letter in football the past two seasons, playing in the position of end.

Lovshin developed rapidly in the 1932 season and his best height in the pole vault, his favorite event, is 13 feet 6 inches, made in winning the 1932 Drake Relays. An unfortunate accident in practicing over the low hurdles prevented him from continuing his track work during the 1932 season, and perhaps prevented him from being on the American Olympic team. His form is that used by most vaulters who clear 13 feet; namely, he has developed a delayed pull and a double push-off. In addition to being a fine athlete, Lovshin has an excellent scholastic record.

John W. (Whitey) Wonsowitz is one of those athletes who has to be driven off the track every afternoon, according to Coach Snyder of Ohio State University. If he were allowed to do as he wished, he would probably stay out well into the evening. This feature of his vaulting cropped out after he tied for second place at the N. C. A. A. Meet. All the other vaulters, with the exception of Don Zimmerman, Tulane, were glad to gather up their sweat clothes and poles and head for the showers. Not so the irrepressible pair just mentioned. They had both missed at 13 feet 10 inches; so with the field rapidly clearing of spectators and against the remonstrations of Jimmie, the University of Chicago grounds-keeper, they went to work with a will, and at the end of fifteen minutes both had cleared the height that had proved their downfall earlier in the afternoon.

Snyder believes that Wonsowitz gets where he does by working hard, and seemingly tirelessly. He vaults practically every day, sprints, climbs a rope, and worries about his form. In his first year of competition, he won the Big Ten pole vault in the outdoor meet at 13 feet 3 inches under terrible vaulting conditions. He tied with Beecher of Indiana in winning the Penn Relay vault from the best that the East had to offer.

Leon (Dick) Schram, Marquette University athlete, usually credits the success he had in varsity pole vault competition during the last year to his persistence in practice.

Schram drills hours on form, and this drill has brought results in the form of steady improvement. He surprised himself, his coach and his school by his remarkable improvement and work in the 1932 season.

Short and stocky of build, Schram is not a speedster in the starting lane. He can put great spring and strength into his jump, however, and that faculty has brought him many victories. He takes a fairly long run and is at his best under severe competition. He is a graceful performer.

James McKinley, Michigan Normal College pole vaulter, is a senior this year and will captain the Huron varsity through one of its stiffest schedules in years.

Last year as a junior, McKinley showed probably the most consistent development of any athlete on what was a powerfully balanced Huron squad by rising steadily from 12 feet 10 inches in the earlier meets to 13 feet 4¾ inches for a new record in the Central Intercollegiate Conference outdoor championship at Milwaukee.

Along the path of his triumphs also were scattered the Central Intercollegiate indoor crown and both the indoor and outdoor Michigan Intercollegiate championships. He easily qualified as one of the Middle West's representatives in the final Olympic Tryouts at Palo Alto, Cali-

*Bert Nelson, Butler University*

fornia, but the gap between his best and the great heights to which the veteran stars from coast to coast soared was too wide.

Coach Lloyd W. Olds is confident that this year McKinley is prepared to close his collegiate career with many new achievements, provided a couple of purely minor corrections may be successfully made in his form from the take-off. Near the end of the 1932 season, he barely missed clearing the bar at 14 feet, when his elbow touched just enough to ruin the effort.

Estel E. Lenington of the University of Illinois tied for second place at the National Collegiate Meet with five other athletes: Schram of Marquette, McKinley of Michigan Normal, Wonsowitz of Ohio State, Zimmerman of Tulane and Hess of Minnesota. Each of these vaulters cleared 13 feet 6 inches.

Elton Hess of the University of Minnesota, besides tying for second place at the National Collegiate, took second place in the Western Conference Outdoor Meet, defeating Beecher of Indiana, who won the National Collegiate pole vault.

F. E. Pierce, the fourth Yale athlete to be placed on the Honor Roll in the pole vault, is one of the eight men to achieve marks of exactly 13 feet 6 inches during the 1932 season.

Oscar Sutermeister, Harvard University vaulter, made his best official height, 13 feet 6 inches, in the I. C. A. A. A. A. Indoor Meet. In the opinion of some critics who have watched him vault, his form was close to perfection.

In 1931, nine vaulters cleared 13 feet 6 inches or better; in 1932, a total of seventeen men cleared 13 feet 6 inches or better. In 1930, only five athletes were credited with records of at least 13 feet 6 inches. This indicates a steady improvement in the pole vault over the last few years.

### *The High Jump*

HONOR ROLL marks in the high jump for 1932 were better on the whole than those for 1931. Three men, Nelson of Butler, Van Osdel of Southern California, and Marty of Fresno State College leaped 6 feet 6 inches or over in 1932. The best 1931 mark, set by Darrell Jones of Ball State Teachers College, was 6 feet 5 5-16 inches. Nelson, who heads the 1932 list, led the jumpers in 1930 at 6 feet 6¾ inches, over an inch short of his best 1932 jump.

Bert Nelson of Butler University in 1932 broke the National Collegiate record when he cleared 6 feet 7⅞ inches in the Central Intercollegiate Track Meet held at Milwaukee, Wisconsin. Nelson had a very peculiar style, taking off as a scissors jumper and continuing on in what might be considered an outside roll. Nelson's ability was not due primarily to his form but to the wonderful amount of spring he possessed. His coach, Hermon Phillips, believes that with a little work Nelson could have used almost any of the standard orthodox forms and would have done almost as well.

Robert Van Osdel, a Southern California athlete, timed his arrival at the peak of his form to conform with the long track year. Starting slowly, he improved as the season progressed. Van Osdel uses the Harold Osborne form, and is capable of adding to his present record.

Walter Marty of Fresno State College (California), in third place among the high jumpers, is on the Honor Roll for the first time. His best jump was an even 6 feet 6 inches, made in the Olympic Semifinal at Long Beach, California.

Worth Watkins of Abilene Christian College jumped 6 feet 5⅞ inches in a dual meet last spring between Abilene Christian College and Texas A. and M. He jumped 6 feet 4 inches at the N. C. A. A. Meet, tying for third place. He also placed at the Drake Relays. He is now a junior at Abilene Christian College.

According to Coach J. Eddie Weems, Watkins has had a great deal of difficulty in trying to perfect a legal form. He won the high jump at the Texas Interscholastic Meet in 1929, but he was disqualified at the same meet in 1930. He also had a great deal of trouble as a freshman jumper. He was trying to use the Western form without any modifications. Early last season he changed his angle of approach. He now runs almost straight into the bar, and his take-off and jump are executed in Western style. His layout, however, is not complete.

Watkins is 6 feet 4 inches tall. He weighs 175 pounds. He has an abundance of spring. He plays center on the basketball squad, and he is seldom outjumped.

Duncan McNaughton in 1932 was one of the most improved track and field athletes on the University of Southern California squad. As a sophomore, McNaughton only once reached 6 feet 2 inches. In 1932, he consistently cleared higher than that in every meet, and in the Olympic Games went on to victory after winning an "endurance contest" from his team mate Van Osdel. He uses a modification of the Osborne form. He is a native of Canada and competed on the Canadian Olympic team.

Howard Spencer is twenty years old, weighs 160 pounds, and is 6 feet 1 inch tall. His home is in Pittsburgh, where he attended high school and where he began his athletic career. His coach, Robert Park, states that he was a very weak boy and it was only the careful nurturing of a mother that built him a strong body. He is now a junior at Geneva College.

Spencer's specialty is the high jump, but he is a fine hurdler and dash man. Coach Park has curbed his competition in these events, however, that he might attain his best in the high jump. In high school, he jumped 6 feet 3 inches. During his freshman year at Geneva he jumped 6 feet 5⅝ inches. Last year he won the high jump at the Penn Relays with a jump of 6 feet 5⅜ inches and equaled the Penn Relay record which had stood for fifteen years.

Spencer uses a modified Osborne roll. He has not yet been able to get any help from his left arm movement, but drags it behind his body over the bar. He may

attain even better heights, his coach believes, if he gets a slight modification in form. "However," says Coach Park, "when an athlete can jump consistently over 6 feet 5 inches, a coach had better not interfere much with his form. Spencer invariably removes his right shoe when he has attained 6 feet. Whether it helps him or not, I do not know, but he is under no restrictions. He can remove both shoes if he cares to, so long as he attains the record height."

At the beginning of last year, William Brannon of Southern California adopted a form called the "barrel roll." He showed steady improvement until he cleared 6 feet 5⅝ inches.

Ted W. Shaw, who was captain of Wisconsin's 1932 track team, entered the University from River Forest, Illinois. He prepared for college at Elgin Academy. He is a young man of fine personal qualities, according to Coach Tom Jones.

Shaw is not a tall man, being but 5 feet 11 inches in height. He weighs 150 pounds. He is a very consistent high jumper, cool and determined. He won the Western Conference championship three times. He holds the University of Wisconsin record at 6 feet 6 3-16 inches, made in the Kansas Relays in 1930.

Shaw's style is the one commonly known as the Western roll. He takes six strides in his approach to the bar, approaching very slowly and easily. Only the last two strides have drive. He makes excellent use of his sweeping leg as he swings it forward over the bar.

Shaw qualified for the Olympic Final Tryouts in the Central tryouts against the best high jumpers of the Middle West, where the winning height was 6 feet 7¼ inches.

Shaw graduated last June from the College of Letters and Science with a major in history, making an excellent scholastic record.

W. Newblock, University of Oklahoma high jumper, used a modified roll form and had lots of action while in the air, owing to the variety of forms with which he was forced to experiment. "We had to change Newblock's form this year," writes Coach John Jacobs. "Last season he used the Western roll and although his jumps weren't questioned in the big meets, they would be ruled illegal in smaller meets. He could jump higher with his old form than with the new one he was obliged to learn. In my opinion the strict Western roll form is a dive, according to the present rule. However, I think the rule is all wrong. I think there should not be any rules in the high jump except that there must be high jumping standards, a cross bar and level ground from which to take off. I don't think a man can go as high off both feet as he can off one; therefore he should be permitted to get over the bar in any way he wishes so long as he jumps between the standards and doesn't use a vaulting pole. I don't think we've ever had a satisfactory rule in the high jump."

The consistency of Milton C. Ehrlich of Kansas State College is indicated by his record of the last three years. Each year he has won a place on the Honor Roll in the high jump; his best jumps in each of the three years differ in height by less than an inch. In 1930 he jumped 6 feet 3¼ inches; in 1931, 6 feet 3⅝ inches; and in 1932, 6 feet 4 inches.

This Kansas State athlete approaches the bar from the left of the front and takes off about thirty-four inches from the bar. Taking off with his right foot, which is placed at an angle of about 45 degrees, he gives a good kick with his left foot, which aids materially in clearing the bar. On his best jumps, according to his coach, he goes over in practically perfect form, on his back, lighting on his hands and knees.

*C. Lambert Redd, Bradley Tech*

William B. O'Connor of Columbia University, on the Honor Roll for the third successive year, made his best 1932 jump, 6 feet 4 inches, in the I. C. A. A. A. A. Meet. This was the same height as his best 1930 jump, but an inch short of his 1931 record.

### *The Broad Jump*

BROAD jump marks on the Honor Roll for 1932 are consistently better by a small margin than the 1931 or the 1930 records. Redd's jump of 25 feet 6⅜ inches at the 1932 National Collegiate Meet exceeds the best 1931 jump, 25 feet 4⅜ inches made by E. L. Gordon, the University of Iowa athlete. It is also better by a fraction of an inch than the distance of 25 feet 6 inches jumped by Ed Hamm of Georgia Tech in 1930. Three athletes jumped over 25 feet in both 1931 and 1932, but in the former year only one leaped over 25 feet 4 inches, while in 1932 three jumpers exceeded this mark. The best jump of the tenth man in 1932 is slightly better than the man in a similar position in either of the previous two years.

Charles Lambert Redd was sometimes called Bradley Tech's one-man track team. His speed and great co-ordination enabled him to do exceptionally well in almost any event except the shot and discus. The climax of his college competition came at the 1932 National Collegiate Meet when he won the broad jump with a leap of 25 feet 6⅜ inches, and the hop, step and jump with a distance of 48 feet 3½ inches. He also qualified for the final low hurdle race, but did not run because the jumps had not been completed. In the I. I. A. C. Meet he set conference records of 15.3 seconds in the high hurdles, 23.9 seconds in the low hurdles and 24 feet 3⅞ inches in the broad jump. Semifinals and finals of both hurdle races were run the same afternoon.

Redd is 5 feet 9 inches in height, weighs 155 pounds and can run the 100-yard dash in 9.9 seconds. He is a great competitor. In the broad jump, he runs fast to the take-off board. He is very accurate, seldom fouling and almost always getting all six spikes on the board. His coach, C. M. Hewitt, believes this last habit probably cost him first place in the Olympic Games. On his third jump, something over 26 feet, he had all six spikes on the board, but the toe of his shoe marked the built-up putty in front of the board for a foul. He placed second with a jump of 24 feet 11½ inches.

After a fine driving spring, he makes good use of his arms without much kick to his legs. His ability to gain good height and his habit of keeping his feet well out on landing make him a very consistent jumper. He uses a run of about 137 feet, with one check mark 62 feet from the board. His arms are lowered during the last four strides.

In the hop, step and jump, for 48 feet, Redd's aim was an 18-11-19 combination. He endeavored to keep low to the ground on the hop and step. The strain and jar of this event were hard on his legs, and he was seldom allowed to practice the event. He won this event at the Drake Relays in 1930, was a close second in 1931 and won again last year. Redd hopes to keep in condition for the 1936 Olympics.

Richard Barber, Southern California athlete, is a powerful jumper, a little heavier than champion jumpers usually are. Consistent all year, he twice reached or exceeded 25 feet 4 inches; once during mid-season and once in the Olympic Tryouts. He employs a hip swing, without the kick in mid-air. This is Barber's third year on the Honor Roll. In his first year of collegiate competition, his best jump

was 24 feet 2⅝ inches. His best 1931 jump was 25 feet 3½ inches.

Barber uses an unusually fast sprint, a hard kick at the board and a strong hip swing to achieve the distances that have made him a broad jump champion. He thrives on competition.

It is because of his ability with the hip swing that he does not try the mid-air kick. He is able to attain good height in his jumps because of his speed and the power with which he hits the take-off board. He was probably next only to Wykoff in natural speed among 1932 Trojan track athletes and could possibly have become a great performer in either the 220 or 440 if Coach Cromwell had not been so anxious to specialize him and get everything possible out of his broad jumping ability.

John W. Brooks of the University of Chicago is on the Honor Roll in both the low hurdles and the broad jump. His best leap of the year was 25 feet 4⅜ inches in the Olympic Final Tryout. He won in the Western Conference Outdoor Meet with a jump of 25 feet.

Norman Paul of the University of Southern California was another broad jumper fast enough to win a place on the Honor Roll in the low hurdles. His best jump was 24 feet 9¾ inches.

In the Southwest Conference Meet, Weldon Hale of Rice Institute equaled the distance made by Norman Paul to win a place on the 1932 Honor Roll.

John H. Johnson, the third Southern California broad jumper on the Honor Roll, came with a rush at the close of the 1932 season. He showed steady but gradual improvement for two years, but exceeded his best marks by many inches in the Olympic Final Tryouts. He uses a hip swing similar to Barber's.

C. L. Mell, University of Oklahoma broad jumper, does not hitch-kick but uses the old leg-swing method. According to Coach John Jacobs, he gets his distance by means of burning speed and a great deal of determination. He did his greatest broad jumping when in best condition to run the 440-yard dash. Mell had splendid stamina and could run any distance up to 600 yards. In 1931, he won the 600-yard Shannon Douglass Cup Race at the Kansas City Athletic Club Indoor Games. Last year he was clocked in 21.1 seconds in the 220-yard dash and could run right at 50 seconds in the quarter. He is a born competitor and has an abundance of spirit and grit.

J. H. Morris, another University of Oklahoma broad jumper, uses the hitch-kick form and is an effective jumper for the additional reason that he developed his stamina by running the 400-yard dash in high school.

In taking third place in the National Collegiate broad jump, Armin Dreusicke of Elmhurst College leaped 24 feet 4 inches to win a place on the 1932 Honor Roll.

Thomas McNally of the College of the Holy Cross made his best official jump of the year in the Olympic Final Tryouts, 24 feet 2⅝ inches.

### *Hop, Step and Jump*

SIDNEY BOWMAN of Louisiana State University heads the Honor Roll in the hop, step and jump with a distance of 48 feet 11¼ inches made in the Olympic Final Tryouts. Bowman was a member of both the 1928 and 1932 American Olympic Teams. He was the Penn Relay and the National A. A. U. champion, 1932, in the hop, step and jump, and the Southern Conference champion this same year in the broad jump.

Bowman's form in the hop, step and jump, according to his coach, was just the normal style of performing in the event. He used the same take-off for the event that he did in the broad jump. The only difference was that he did not run quite so fast in the hop, step and jump as he did in the broad jump. A little less speed seemed to give better balance on the hop and step.

"He did most of his work on the hop and step to develop the habit of keeping a straight line, and to maintain balance," states Coach Bernie Moore. "These are two very difficult points to master. If the foot turns either in or out on the hop or step, it will unbalance the competitor and usually cause a poor jump. The arms should be used in the natural running form.

"The athlete should not get too high in the air on the hop and step," according to Coach Moore. "Too much height will jam the hips and cause jerky movements. After a good run and balance on the hop and step have been established, the athlete should concentrate on the step. A long step is necessary. Practice should be had in stretching the step. The secret of the hop, step and jump is the *step*.

"This is a very hard event on the legs, and not over two or three jumps per week for distance should be taken. The time should be spent in working for balance and a good long step. Anybody can get a good hop."

Rolland Lee Romero of Loyola University (New Orleans), the second man on the list, covered a distance exactly an inch short of Bowman's, also in the Olympic Final Tryouts. Romero comes from Welsh, Louisiana. He is eighteen years old and weighs 172 pounds. He had one year of athletics at Welsh High School, Louisiana, where he did 22 feet 8 inches in the broad jump and 45 feet 9 inches in the hop, step and jump.

As a freshman at Loyola in 1932, Romero won the Southern A. A. U. Junior Day hop, step and jump with a mark of 49 feet 10½ inches. He is a good halfback in football and a fair punter, according to his coach, F. T. Gormley. He made a football numeral in his freshman year and substituted on the varsity in the fall of 1932. Coach Gormley believes Romero has a good chance to make the Olympic team again in 1936 in the hop, step and jump, as he has made up his mind to start getting ready for the event now.

Redd, the third man in this event, is also on the list of broad jumpers.

### *The Shot Put*

THE best mark in the 16-pound shot for 1932 sets a new record for American college undergraduates in intercollegiate competition. The best mark in 1931 was 51 feet 2⅛ inches made by Hugh Rhea of Nebraska, the present record holder; the best mark of the year before was 52 feet 1½ inches made by Harlow Rothert of Stanford.

The performance of the ten men on the 1932 list averages higher than in any previous year. In 1932, every one of the ten threw the shot 49 feet 6 inches or over. In 1931, only two men achieved this distance or better. Only five men on the 1930 Honor Roll put the shot over 49 feet 6 inches. The fifth man on the 1930 list, incidentally, is James Bausch of the University of Kansas, winner of the decathlon in the last Olympics.

For the second year, Hugh Rhea of Nebraska leads the Honor Roll shot putters, this time with a record toss of 52 feet 5¾ inches, made at the National Collegiate Meet in Chicago. His coach, Henry F. Schulte, believes that in reach, power, suppleness and speed, as well as performance, Rhea is one of the outstanding shot putters of all time. His style varied distinctly from the usually accepted putting action. In the middle of the circle his relaxation was pronounced. His shoulders and arm were held easily, his torso bent down sideways. From that position his torso went into action first, his shoulders next, and his arm last.

His shot putting ability was developed almost entirely at the University of Nebraska. With another year or two of work he doubtlessly would have gone well beyond the present world mark, is the belief of his coach.

Nelson Gray of Stanford, second on the list, has an unorthodox style principally because of his great height and long legs. He is big and powerful, and his success is largely due to the great length of his straight drive.

B. M. Irwin of Texas A. & M. College in his first year of intercollegiate competition bettered the Southwest Conference record by two feet when he made his best put of the year, 50 feet 1 inch. Irwin is a large, fast boy and has run the quarter mile on the mile relay team, according to his coach, Frank G. Anderson.

In putting the shot, Irwin's form concentrates on a primary straight drive from the leg and body muscles. The shoulder, arm,

hand and fingers are then thrown into the put. There is no rotary motion of the body until the front of the circle has been reached, when the shoulder is brought around. Irwin lacks a few inches of jumping across the circle. The toes of both feet are turned outward in the final stance, the left foot slightly to the left of the direction of the put. The lean to the right is not accentuated as he lands from his hop. Too much lean to the rear is not conducive to speed and leg drive in the final heave, is the opinion expressed by Coach Anderson. Irwin's eyes are kept on the shot as it leaves his hand.

Charles F. Jones took up shot putting when he entered New York University. He is 6 feet 1 inch tall. Last year he weighed 195 pounds. His weight is muscular rather than fat.

As a sophomore, Jones threw the shot 45 feet and, as a junior, 47 feet 5 inches. In his senior year his best put indoors was 47 feet 11¾ inches, which gave him third place in the National A. A. U. Championships. Outdoors, he set a new Penn Relay record with a throw of 50 feet flat.

A lack of confidence in himself occasionally led to experimenting, which was apt to be disastrous in its effect on his coordination and timing. Jones was handicapped, too, by a weak wrist. In the circle he was fast across the ring, with a good leg drive and fine follow-through.

"Jones began shot putting only in his sophomore year at New York University, and it is possible that his best performances still lie before him," states Emil von Elling, track coach at New York University.

Fred De Berry of the University of California at Berkeley is 6 feet 1 inch tall and weighs 205 pounds. He is twenty-two years old.

During De Berry's junior year his best mark in the shot was 48 feet 6 inches. Last spring he made a mark of 49 feet, 10¾ inches in the Stanford-California dual meet, April 16th. This is his best put to date.

Although De Berry is a rather large man, he is not exceptionally strong or rugged. He has a good leg drive, follows through well and has a good wrist snap at the finish. He is a very conscientious and persistent worker and should be up in the 51 foot class this year. Having graduated last May, he will in all probability compete for the Olympic Club of San Francisco this spring.

Thomas Gilbane of Brown University made his best put of 1932, 49 feet 10¾ inches, in the New England Intercollegiate Meet. He placed third in the I. C. A. A. A. A. Indoor Meet.

With his aim on the Intercollegiates, Hueston Harper of Southern California timed his progress so that he reached his maximum effort on that day. Standing 6 feet 2 inches and weighing 215 pounds stripped, he has a perfect physique for a weight man. He also plays football, and, barring accidents, he should make a great shot putter in the next two years. He is fast improving his form.

LeRoy Dues of the College of the City of Detroit has just reached his twenty-first birthday. He weighs 190 pounds. He was born in Pittsburg, Kansas, and moved to Detroit. After completing two years of high school, he returned to Pittsburg and completed his high school course. He enrolled in the College of the City of Detroit in September, 1929. He is taking the

*Hugh Rhea, University of Nebraska*

physical education major course and will graduate this June. He is an excellent student and is highly respected by faculty and students. He trains religiously all the time, according to his coach.

Dues started putting the shot during the winter of 1930. After some work, he managed to set a mark of 41 feet 3 inches—his best effort for the indoor season. That spring he increased his put to over 44 feet. The next winter he reached the 47 foot mark, winning the National Junior A. A. U. championships; also the state indoor title and then the outdoor title. He also placed fifth in the N. C. A. A. Meet at Chicago.

The next winter, 1932, this colored athlete set a new state indoor record; then a new Central Collegiate Conference record at Notre Dame. Outdoors, he set a new state record; took fourth in the N. C. A. A. meet at Chicago; took first in the district Olympic Tryouts at Ann Arbor; again took first in the Semifinal Tryouts for the Olympic team at Chicago with a put of 49 feet 9¾ inches. He was sent to Palo Alto for the Olympic Final Tryouts, but on the way out sprained a knee so badly that he could not practice at all; in the Final Tryouts he could do nothing.

Dues has gone through every season since his freshman year with at least one injury. He received a bad football injury at the start of his sophomore year, but finally recovered from it. Then, at the end of the indoor season, he slipped when putting the shot with his spikes on, and sprained the sacro-iliac joint. This put him completely out of practice until one week before the N. C. A. A. Meet in Chicago, where he took fifth, as stated. In the fall of 1931, he suffered an injury to that same joint while playing football, and it was feared he was out for good. Equipped with a special sacro-iliac belt, he again started the season, was injured again, rested, and then finished the season in fine style. Last fall he was laid out in the final football game, suffering a torn muscle in his putting arm. He started to practice a few weeks ago but suffered a badly sprained neck, the result of trying to turn a flip off a springboard in the physical education major class in tumbling.

Dues has been trained thoroughly on slow motion pictures. He has spent hours every year with Coach David L. Holmes on these—studying every movement of all the best putters. Coach Holmes considers Dues probably the best student of shot putting now in the game. He also considers Dues' form possibly more nearly perfect than that of any other man in the game. One of the judges of the putting event at the Olympic Tryouts in Chicago last June said that he considers Dues' form the most nearly perfect he has seen in the twenty-odd years he has been officiating in the shot put.

Dues was unanimously elected captain of this year's track team. He plays tackle on the football team.

John C. Lyman, Stanford University shot putter, is what is known as a real "dynamiter." He has been handicapped by faulty habits developed in high school which, however, he is overcoming rapidly. Lyman should develop into a real stylist this year, with his performances improving accordingly, is the belief of Stanford officials.

Henri J. Laborde, also of Stanford University, is on the Honor Roll for the second successive year in both the shot put and the discus. His best put of 1932, 49 feet 6 inches, is better than his record of the previous year, 48 feet 5½ inches. His form in the discus is described under that event.

### *The Discus Throw*

PERFORMANCES in the discus throw during 1932 were, on the whole, superior to those of 1931. In 1930, however, two men bettered the best 1932 throw. In that year, Eric Krenz of Stanford estab-

tished a record of 167 feet 5⅜ inches, which still stands as the best toss made by an undergraduate in intercollegiate competition. Also in 1930, Paul Jessup of the University of Washington threw the discus 160 feet 9⅜ inches, a fraction of an inch farther than the best 1932 record.

Robert F. Jones of Stanford University leads the 1932 discus throwers with the distance of 160 feet 9 inches, set in the I. C. A. A. A. A. Meet. He led the 1931 discus throwers with a toss of 159 feet 2¼ inches. Jones' development has been rapid. He picked up pointers very easily, and with hard work under Coach Dink Templeton he came to the front very fast. He developed a slump last year through bad form habits and was able to turn in fine performances only because of his great competitive ability.

Although Laborde of Stanford is an outstanding shot putter, the discus is his better event. In the last year and a half, Laborde has overcome faults which made his best throws impossible. It is the belief of some of his admirers that his work and experience of the past season should make him almost form perfect. Coach Templeton believes that Laborde has a fine chance to be the first man to toss the discus more than 170 feet.

Frank L. Purma of the University of Illinois is a big muscular athlete, about 6 feet 3 inches tall. He captained the 1932 University of Illinois track team. He put his whole-hearted effort into this captaincy and was truly a leader in inspiring his team mates to work. He is an athlete who can stand and who enjoys a great deal of work.

Purma, whose home is in Ellsworth, Kansas, entered the University of Illinois with some previous experience as a weight man in track. He wound up his freshman year with records of 146 feet in the discus throw and 42 feet in the shot put.

After that, he concentrated on the discus throw and developed a fine style and good form in the event. He is unusually agile for a big fellow and his turns in the discus circle are smooth and well timed. He practices to meet all wind conditions and usually gets the most out of the sail of the discus.

His best competitive throw of 1931 measured 154 feet 1½ inches. In 1932, however, he bettered this by sailing the discus 157 feet 9⅜ inches in a triangular meet.

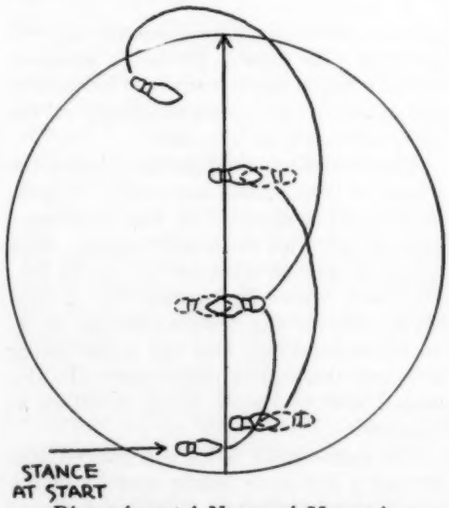
Joseph P. Crowley of Yale University made his best discus mark of the year in the Olympic Final Tryouts. He won the discus event in the Penn Relays and placed fourth in the I. C. A. A. A. A. Meet at Berkeley.

Robert H. Hall of the University of Southern California was on the 1931 Honor Roll in both the shot put and the discus, although he was handicapped by an injured wrist at the beginning of the track season that year. Hall's best 1932 mark in the discus is about five inches short of his 1931 record. He has worked conscientiously on his form, which includes a low crouch and speed across the ring.

*R. F. Jones, Stanford University*

Competitive ability is one of Hall's greatest assets. His throws in meets are usually far better than anything he can do in practice. The greater the pressure, the better are his tosses in an important event. He has a reputation for being consistent and dependable, and has made points when they were most needed.

Booker Brooks, negro discus thrower and shot putter at the University of Michigan, went to the finals in competition for the United States Olympic team after having won the discus event in the Big Ten Conference last season. Brooks' best mark was made at Ann Arbor in the Michigan A. A. U. Meet when he qualified for the Olympic Finals by getting off a throw of 158 feet 4 inches.




*Discus form of Norwood Mountain*

In 1930, Brooks helped give Michigan a Big Ten title by taking first place in the discus and second in the shot. The next year he was ineligible, and the Wolverines dropped to third place. Last year he came back, won the discus event in all dual competition and again captured the Conference title. His distance in the Big Ten Meet was 148 feet 1¼ inches.

Going on to the state A. A. U. Meet, he got off his record heave, and in the N. C. A. A. Meet he placed second with a throw of 153 feet 6 inches. His inability to make 146 feet in the Olympic Final Tryouts cost him a team place.

Brooks, when at his best, put the shot 46 feet or more. His most consistent work in this event was in 1930.

Graham Batchellor, University of Georgia track athlete, is one of the best weight prospects ever to enter a Southern school, as his performance during his sophomore year last spring demonstrated. During the season, Batchellor showed marked improvement.

Batchellor was a very consistent performer during the Georgia track season. His greatest day was in the annual battle with Georgia Tech, when he tossed the javelin 201 feet 6 inches, the shot 46 feet 5¼ inches and the discus 137 feet 2 inches.

The Georgia athlete also carried the red and black colors into action in the eleventh National Collegiate Athletic Association championship track and field meet, which was also the semifinal tryouts for the Olympics. In that meet, Batchellor was third in the discus, tossing it 153 feet 2 inches, and fourth in the javelin with a throw of 202 feet ⅜ inch.

At the Olympic Final Tryouts on June 24, Batchellor showed unusual promise as a decathlon man. During the first day, he took third place in three events, and fourth and fifth in the other two. The next day he suffered an injured leg and had to withdraw from competition.

Batchellor is an end on the Georgia football team. He is 6 feet 2 inches tall and weighs 205 pounds.

Norwood Mountain, giant Penn College (Iowa) sophomore, first entered college at Drake University, but after his freshman year there he transferred to Penn where he could be under the direction of his former high school coach, Ed Wright, who went from Valley Junction to Penn in 1930. In the 1931 track season, Mountain was ineligible for intercollegiate competition, but established new college records in the shot put and discus. In attempting to break a college high jump record, Mountain fell upon his left arm and fractured it in two places.

Mountain started the 1932 season by winning first place in the discus throw at the Hastings, Nebraska, relays with a throw of 151 feet 4 inches. Later in the season, he established new state and Mid-West records in the discus of 153 feet 1¾ inches.

Mountain is 6 feet 4½ inches tall and has exceptionally long arms. His style of throw allows full use of the whip of these members. Unusually large and powerful hands give him the ability to all but hide

the discus and enable him to give the throw correct direction and a level flight. Constant drill throughout all seasons of the year has given him a low but fast whirl across the circle, with his body in an extremely low crouch, describing a gradual rising slant as he "unfolds." He has a giant chest and sinewy arms.

The most notable thing about Mountain in meets in which he has competed in the Middle West is his almost perfect form. In the state meet, against the pick of the state in his event, he looked like the master among his school boys, according to Coach Wright. He is much better in practice than in competition, having thrown the discus 156 feet several times.

Melvin Thornhill of the University of Kansas was Big Six champion in the discus in 1931 with a throw of 155 feet 11 inches and again in 1932 with a distance of 142 feet 5 inches. He won the discus event in the Kansas Relays in 1931 with a throw of 153 feet 7 inches. His best throw of 1932 was 152 feet, made in the National Collegiate Meet. In addition to the discus, Thornhill also throws the shot and made marks of 47 feet or better in several meets.

In the discus throw, Thornhill employs the standard form. He depends principally upon speed and perfection of form for his distance. Although not a large man, he is powerfully built.

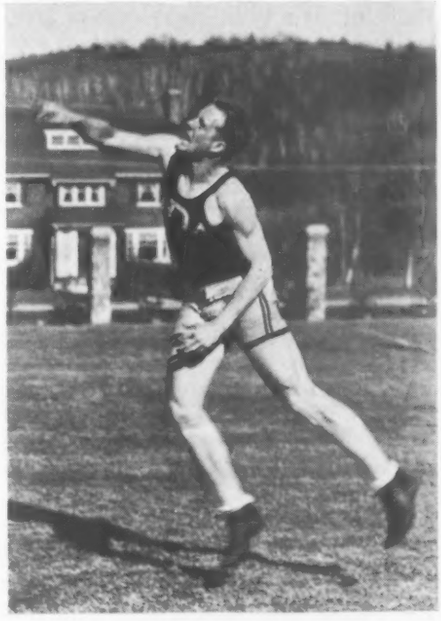
Robert Kleckner of the University of San Francisco threw the discus 149 feet 8½ inches in a dual meet with California Agricultural College. He is also an outstanding shot putter and has achieved distances of 49 feet 8 inches and 50 feet 5 inches in competition, according to officials of his University.

### *The Javelin Throw*

THE year 1932 witnessed general improvement in javelin marks, even though the best throw fell short by a fraction of an inch of the 1931 and collegiate record, 220 feet 11½ inches, established by K. M. Churchill of the University of California. In 1930, only three men threw the javelin over 204 feet; in 1931, only two men; in 1932, six men achieved this distance or better. In 1928, Bartlett of Albion and Rinehart of Indiana threw the javelin over 210 feet. Not since that time until 1932 has more than one athlete each year achieved or bettered this distance. The last man on the 1932 list is within a fraction of an inch of 200 feet; in 1931 only six men and in 1930 only seven men improved upon this distance.

Malcolm W. Metcalf, leading javelin thrower of 1932, entered Dartmouth College from Springfield, Massachusetts, and graduated last June. He played football for four years and was a member of the varsity track team for three years. He had never competed in track until he entered Dartmouth. He did a little javelin throwing in his freshman year, and competed in his sophomore, junior and senior years in the javelin, shot and discus. He did not really develop until his last year, when he put the 16-pound shot over 48 feet, threw the discus around 140 feet and five times established a new college record. For intercollegiate competition and the Olympic Tryouts, Metcalf specialized in the javelin.

Metcalf improved with each competition last year. He threw the javelin 192 feet at the Maine dual meet in the winter; 197 feet at the Brown-Columbia-Dartmouth triangular meet in the spring; later, at the Harvard-Dartmouth meet, 200 feet; then, at the Eastern Olympic Tryouts, 203 feet, winning this competition. Several weeks later, at the Intercollegiate Meet at Berkeley, California, he jumped up to 220 feet 10¾ inches, just ¾ of an inch short of the intercollegiate record made the year before by Kenneth Churchill of the University of California. Metcalf later qualified and competed on the American Olympic Team.



*Malcolm W. Metcalf, Dartmouth College*

Last year, Metcalf changed his run from a right leg, rear check to a hop, and this seemed to help him greatly. Metcalf is 6 feet 4 inches in height and last year weighed 215 pounds. He carried the javelin in his run from the rear position, not changing at all during the run and throw. He could not master the shoulder preliminary carry, which is probably more advantageous. Metcalf had a great amount of power, but his form was not perfected. He is now residing in Los Angeles. With a year or so more of practice and competition, and better timing, he should eventually throw the javelin better than 240 feet, is the opinion of Harry Hillman, Dartmouth coach.

The photograph of Metcalf shows him just reversing after the throw. He threw the javelin with his weight on the left foot, and, after the javelin left his hand, he would reverse. His best throws were high and straight.

Coach Hillman writes, "The American javelin throwers have improved about 20 feet since the Olympics held at Amsterdam, but the Finns have done likewise; consequently they are still about 20 feet better than our best performers. Perhaps, within the next ten years, the American boys may catch up to the foreigners."

Metcalf is an all-around athlete. He won the Dartmouth College Pentathlon in 1931 and 1932.

George Dewey Williams of Hampton Institute uses the extended under-arm position carry and the cross-step for the delivery of the javelin. His muscles are well developed, especially those of arms and legs.

Williams received his degree in Agriculture in 1932. His weight is 168 pounds; his height is 5 feet 6½ inches. His home is in Big Stone Gap, Virginia.

All of Williams' javelin experience was gained while he was a student at Hampton Institute. He was first discovered as a possible javelin thrower while throwing the javelin in a physical education class, according to his coach, Gideon E. Smith.

The 1932 track season was Williams' best. He won first place in all his collegiate meets and placed fifth in the final American Olympic trials at Palo Alto. His throws of 205 feet ⅜ inch at the Penn Relays and 215 feet at the N. C. A. A. Meet were his best performances of the year in competition. He was on the 1931 Honor Roll with a throw of 197 feet 1½ inches. It will be noted from this that his improvement in one year was remarkable.

Ralston LeGore established a new standard for Southern javelin throwers in his sophomore year at the University of North Carolina, setting the school record up to 208 feet 7 inches and the Southern Conference record up to 195 feet ½ inch.

Five feet 11 inches tall, 190 pounds in weight and a powerful boy possessed of more than average ability, LeGore has shown steady improvement since he took up javelin throwing three years ago at Mercersburg Academy (Pennsylvania) under Coach Jimmy Curran. He achieved 172 feet 4 inches in prep school, 178 feet 8 inches as a freshman, and 208 feet 7 inches with the varsity. He is a very consistent performer, averaging slightly better than 195 feet on last year's throws.

R. A. Fetzer and Dale Ranson, who have coached and worked with him at North Carolina, attribute his proficiency to his natural ability plus his hard, all-year work. LeGore, who comes from LeGore, Maryland, and who is a junior this year, uses a 100-foot run with a fast approach, an overhead carry after the Finnish style, and a slow snapback with quick follow-through.

He is a right-handed thrower and takes a single hop off the right foot.

Frank Williamson is another of Southern California's phenomenal sophomores. Williamson reached his peak in the Intercollegiates just as his team mate, Harper, did. He should continue to improve. Williamson is trying to imitate the style and emulate the achievements of the Jarvinen family. He is a splendid football player.

Duane Purvis, now a sophomore at Purdue University, is twenty years of age, weighs 195 pounds and is six feet in height. While attending Mattoon, Illinois, High School, he was a consistent point winner in track meets, being an excellent javelin thrower and winning many points throwing the discus and running on the relay team. In 1930, Purvis was considered the best high school javelin thrower in the country and demonstrated his ability that year by winning the National Interscholastic Championship in his special event.

Purvis graduated from high school in 1931 and entered Purdue the following September, with a reputation of being a good track athlete and football player. He lived up to his reputation as a football player last fall.

As a freshman last year, he threw the spear 204 feet 4¾ inches in the N. C. A. A. Meet, which was good enough to win second place and also a trip to the Olympic Final Tryouts at Palo Alto, California.

Purvis possesses what all champions must be born with—natural ability. He is a fast thinker and has a passion to succeed. He is a good worker in practice, is always willing to learn and anxious to help others. Like many other good athletes, Purvis is a real competitor and performs at his best when the competition is the hardest.

He carries the javelin over the shoulder during his run and uses a regular cross-step, before the set position, for the final throw. He has a good arm, with plenty of snap in his wrist and back. There are few athletes who have better muscle co-ordination than Purvis. With some improvement in his form, he should be a real threat for first place in the N. C. A. A. Meet this year, although he may be slow in developing this season on account of spring football practice.

According to Coach Orval Martin, Purvis is a real athlete, in that he keeps himself in good physical condition all the year around by training faithfully both on and off the field. Because of his athletic ability and his jovial nature, he is very well liked by his team mates and his athletic admirers.

C. M. Sample of the University of Arizona is an all-around track man, his best event being the javelin. He has made a creditable showing in the shot, discus, and broad jump. A knee injury in the 1931 football season took him entirely from the 1932 track season in the broad jump and retarded his approach and delivery in the javelin.

Sample's ability with the javelin is due to a wonderful development of back, shoulder and arm muscles, combined with great agility. His form is quite orthodox. The grip of the javelin is fairly well on the heel of the hand, and the javelin is carried with the arm extended back. His run is a short 47 feet; but he gains speed quickly, using the hop with the cross-step in front of the left foot. He has a powerful throw, getting a hard driven shaft that carries well along the perpendicular to the scratch line. With good early competition, Sample should be one of the best javelin throwers of the country this season, is the belief of his coach.

Graham Batchellor, whose throw of 202 feet at the N. C. A. A. Meet entitles him to a place on the Honor Roll in the javelin, is discussed in detail under the discus event, in which he also qualified for the Honor Roll.

Marion Hammon of Southern Methodist University is a large, husky type of javelin thrower. His distance is obtained with a medium amount of form and a great amount of arm snap and force.

"His javelin literally 'sisses' through the air, with the tail of it whipping like the back of an express train," is the way Hammon's style is described by J. H. Stewart, track coach at Southern Methodist. "He uses an underarm carriage, a quick snapback, a hard snap throw and a good follow-through."

Hammon is a great competitor. It is seldom, declares Coach Stewart, that he throws less than 190 feet in any kind of meet. He was on the Honor Roll of 1930 with a throw of 202 feet 7¼ inches, made at the Kansas Relays. His best 1932 mark was an even 200 feet.

William Footrick, who finished his competition last year at the International Young Men's Christian Association College of Springfield, Massachusetts, has been one of the outstanding performers of his college track team for the past three years. It was during the fall of his sophomore year, when tests were given in baseball throwing, that he came to the attention of Coach J. L. Rothacher. Without any great effort he could throw a baseball the length of the football field. He was immediately invited to try for the track team as a javelin thrower. He lived up to the expectations of his coach.

Footrick is a powerful athlete with unusual flexibility, co-ordination, strength and control. He has developed into an exceedingly fine competitor. During his first year of competition, he consistently threw the spear close to 188 feet. His second year at this event found him on several occasions during practice sessions throwing well over the 200 foot mark. His best throw in competition for his third year, 1932, was 199 feet 11¾ inches, made in the Olympic Semifinal at Boston.

This athlete uses the cross-over style and carries the javelin in the underarm position. Two steps before he finishes a run of about 20 yards and before he hits his first check mark, he pulls his javelin well back in the throwing position. As he hits this check mark, he quickly snaps his body back ready for the throw, thus enabling him to get the maximum drive from his legs, body, arm and follow-through.

### *The Hammer Throw*

IN previous years, not more than five men have been placed on the Honor Roll in the hammer throw. Comparisons that are made must therefore be confined to the first five men of the 1932 list. In 1931, Frank Connor of Yale threw the hammer 170 feet 9 inches, slightly farther than the best throw of Zaremba, leading 1932 athlete in this event. The next four men on the 1932 list, however, made better records than the corresponding men on the 1931 list, and the tenth man on the 1932 roll threw the hammer farther than the fifth man on the 1931 list.

One of the most successful of recent hammer throw seasons was that of 1930. The first three men in that year established records superior to those of the corresponding men of 1932. The fourth and fifth men of 1930, however, are credited with marks not quite equal to the corresponding men of 1932. The throw made by F. D. Tootell of Bowdoin, 181 feet 6½ inches, has stood since 1923 as the best made by an American college man either as a graduate, or as an undergraduate in intercollegiate competition. However, the records seem to indicate a general improvement in this event, even though Frank Connor's throw of 177 feet 10¾ inches in 1930 is by far the nearest approach of recent years to Tootell's intercollegiate hammer throw record.

Peter E. Zaremba of New York University, first on the 1932 list, has been throwing the hammer for only two years. A powerfully built tackle on the football team and an excellent engineering student, Zaremba is 6 feet 3 inches tall, weighs 210 pounds and possesses extremely long arms and strong wrists and hands. As a freshman, he served an apprenticeship in the 35-pound weight, reaching 46 feet during the winter season. During the following spring he unsuccessfully tried to keep his turns with the hammer inside the circle.

As a sophomore, Zaremba had little trouble in throwing the 35-pound weight over 50 feet. In the spring of his sophomore year he succeded at last in taking four pivots within the prescribed hammer throw circle. Working with three turns in meets, he threw the hammer 157 feet in an April dual meet, but blew up a week later at the Penn Relays in his first important

*(Continued on page 46)*

# Handling the Team During the Tournament Season

## Tournament Strategy

*By Carl G. Harris*
Roosevelt High School, Des Moines, Iowa

WITH more than three-fourths of the present basketball season over, and the leaders in the different leagues established, it is necessary to take stock of your tournament chances. The style of play of the leading teams, the characteristics of prominent players, the physical condition and attitude of the squads are most important points to be observed. Each possible opponent should be catalogued with reference to its reserve strength, its power to come back, its ability to do its own thinking, its teamwork versus individual starring, its good shooters, its best defensive men, its use of set plays and its coach. You and your team should be guided accordingly.

After all, the way to success depends upon whether or not your own team is really ready to meet any emergency and compete against any type of play. Fundamentals have been taught early in the season and, except for bringing to attention certain observations about individual teams, very little more can be taught.

Health habits should be well established at this date. Of course, if it is necessary to stay at hotels in strange places, the health problem becomes more complicated. Frequent periods of complete relaxation, much sleep, plenty of fresh air and wholesome food, no contact with strangers, but plenty of happy times within the group, generally solve the question. Meal time is regulated according to games scheduled, but a meal should never be eaten later than three hours previous to a game. This should be followed by a short, brisk walk; then bed until an hour before the game. The boy thrives better on what he is accustomed to at home than on any unusual diet.

Endurance for the tournament has gradually been developed by the arrangement of the year's schedule of games. Toward the end of the regular season, two games a week on successive days are played, the object being to check endurance, weights, ability to meet different styles of play in rapid succession, and evidences of staleness or any mental complexes.

If weights are suffering, less practice and more food soon balance the discrepancies. By shifting guards and forwards in pre-tournament games, the players become so accustomed to changed formations that they can meet practically any type of defense without becoming bewildered. Use of a floating zone defense is particularly advisable for tournament play, because it is conserving of strength and, in case the ball is intercepted, gives your players a better opportunity to get into scoring position. As the tournament progresses and players become fatigued and less alert, there is a greater tendency to foul in the man-to-man defense.

Staleness may be eliminated by regular but very short practice periods for the seasoned players.

Overconfidence is seldom a tournament problem, because two or more regulars are usually lost through mid-year graduation. Full time practice and keen competition among the reserves for the vacancies keep up the morale.

*Carl G. Harris*

Aside from teaching the technique of the game, you as coach must build up within each player such confidence in himself and the team that he will depend upon his own judgment to solve the problems of the game. He must also feel that any mistakes will be discussed in a friendly rather than a critical way. If the captain and the four other men to start the game are not chosen until after the warm-up, and chosen because of the manner in which they warm up, there is less danger of nominating a man who is too tense or temporarily off form. This method steadies the team.

Have your team start the game with a bang; run up as high a score as possible in the first half. A good offense is a good defense, and possession of the ball is priceless. If the game seems easy, substitute for your best shooter your best reserve defensive man and slow down to conserve strength. If the game is nip-and-tuck and opponents are working a man-to-man defense, thus making your scoring ace ineffective, substitute for him your fastest little "ball hawk," with the purpose of running down the opponent. Then, when your ace re-enters, he will be more effective. For critical moments, use a man whose shooting ability has been kept under cover during the regular season and who will therefore not be watched so closely.

Between halves, if the game seems easy, say little but let your boys relax. If the game is close, impress upon your players the importance of this last half, because if they lose it is their last game. After letting the boys analyze their mistakes, guide their suggestions for betterment and let them go back into the game buoyant rather than tense or depressed. In the second half, substitute freely but with caution, always keeping the best defensive men in reserve.

Above all, demand clean playing. Basketball is a game of skill and should be played accordingly. Fouling not only spoils the sportsmanship of the game but it is costly. Many games are won on free throws.

## The Extended Type of Tournament

*By W. L. Bowers*
Allegany High School, Cumberland, Maryland

THE state basketball tournament in Maryland is conducted in a different manner, possibly, than in any other state. Because Maryland is a small state, with parts not heavily populated, it is possible to run an elimination tournament extending over a period of approximately three weeks, with no team playing more than two games a week.

In deciding the final winner, a round-robin tournament is conducted in each county, starting about the first of January and closing the last week in February. The state is then divided into two sections, the Eastern Shore and the Western Shore. Altogether, there are twenty-three counties in the state, nine on the Eastern Shore and fourteen on the Western. Only about nineteen of the twenty-three counties stage basketball tournaments. After each county championship has been decided, an elimination tournament is conducted separately for each Shore. Adjacent county teams meet each other first, and no teams

are seeded in the tournament. It often happens that two of the strongest teams in the state play each other first. The tournament continues until a winner is determined for both the Eastern and Western Shores. The finalists on each Shore then meet for the state title, with the place of final game alternating.

In the tournament, all games are played on neutral floors and in neutral towns, if possible. While at first this may seem to cause an unnecessary amount of traveling, Allegany High School, winner of the state title last year, and located near the western end of the state, traveled only 780 miles for tournament games, 400 miles of which were for the final game. The previous year the distance was considerably less because of the fact that the game was played on the Western Shore. No team is obliged to play more than five games in the tournament and often it plays only four.

Brackets for the various counties that will have teams representing them are drawn and sent to the schools by the state director several weeks before the tournament begins. These brackets show the order of elimination by counties. From the study of these brackets and from newspaper accounts of games in the state, probable opponents may be ascertained several weeks in advance. Even if there is an upset, it is known several days before the next game.

Since there is always a lapse of several days between games, coaches have an opportunity to make definite preparations at their practices for each succeeding game. As a rule, scouting of tournament games does not prevail, except possibly when the favorite team of the tournament is participating. Nevertheless, much information about the style of play used by future opponents may be gathered from the newspapers and from previous contact with the various coaches and teams competing in the tournament.

In the past, the strongest teams have been located in the western part of the state and, as mentioned before, often meet in the first round. If this is to be the case, every attempt is made to have the team at top form for the early games, this action being based on the assumption that, if the team wins these games, a letdown in future contests is not likely to prove disastrous, because the competition will be weaker.

As tournament time nears, practices are always shortened and consist mostly of shooting practice and working the ball through set defenses. Little scrimmage is held except for perhaps five- or ten-minute periods for the purpose of checking on the floor work and teamplay of the squad. It often happens that a team will show its poorest form in practice before the tournament, or, if not then, soon after it opens. When this happens, the tendency is usually to exert more pressure on the team at practices. What would probably prove more beneficial is not more pressure but less.

It is usually advisable to excuse players of the first squad early from practices and get these boys away from ambitious substitutes who seem to realize then for the first time that it would be nice to play on a state championship team or to make the next trip. At such a time, it is better not to encourage the substitutes so much, but to save such stimulation for those who have carried the burden the whole year,

*Eugene Thomas*

*W. L. Bowers*

and who have now possibly become a little weary. A coach must be on the lookout constantly for overconfidence or carelessness, but it is very easy to mistake weariness and staleness for the first mentioned evils.

On the day of the game, the squad generally arrives at the site of the contest three or four hours before game time. In the majority of cases, it stops at Y. M. C. A.'s or hotels and reserves rooms for a couple of hours so that at least the first seven men may rest or sleep after they have eaten. If the game does not promise to be a closely contested one, this expense is saved.

The members of the squad eat at about five o'clock and are back in their rooms by five-thirty. Most of the time a regular meal is eaten, but the restaurant is carefully selected. When the town is strange, advance information is secured about eating places. In the majority of cases, tea rooms are given preference, as their meals are more likely to approximate home cooking. If the food is well cooked, it is doubtful whether it makes much difference what is eaten, so long as the quantity is limited. Our boys, as a rule, make their own selections, but frequently inquire if a certain dish will be all right. A treat after the game will always please anyone who has been obliged to curb his appetite or desires.

Tournament play is a most exacting and trying experience, but if the coach will use his best efforts in maintaining a high esprit de corps, and not in teaching more basketball or haranguing his team about poor playing, he will attain a showing that is worthy of his team's past accomplishments.

## Leading Up to the Tournament

*By Eugene Thomas*
**Central High School, Kalamazoo, Michigan**

THERE have probably been few cases in which a team has been successful in tournament play after a poor showing during the regular season's schedule. On the other hand, undefeated teams generally meet with disaster before proceeding far in a tournament. The team that is most apt to be successful is one that has improved slowly during the season through constant drill in fundamentals, organization of team play and development in team morale.

A few defeats along the way at least teach a team how easy it is to lose, and real improvement may result if the mistakes are corrected. A long chain of victories puts a team under heavy pressure as the season advances.

Preparation for a tournament must begin in the earliest sessions. Fundamentals form the base on which improvement is built. The machine cannot run smoothly unless each part is accurately made. All systems of offense and defense depend upon individual skill that can be developed only by constant and intelligent practice.

The system of team play should be simple and adapted to the kind of material on hand. After all, a definite system of team play merely brings organization to the players so that each man may best contribute his share to either offense or defense. The offense must be flexible enough to cope with both a zone and man-to-man defense, as both will be met.

Team morale is a rather intangible characteristic; nevertheless it is very important. Its development depends upon the co-operative efforts of all members of

*(Continued on page 32)*

# Teaching a Novice to Throw the Discus

*By Sam A. Tenison*
**Track Coach, Glendale Junior College, Glendale, California**

THE discus should be held so that the center comes at the center of the palm of the hand. The fingers should be well spread, with the discus resting just below the first joints. The thumb should lie flat, extending toward the rim at about right angles to the finger. The thrower should not wrap the fingers too far over the edge but just far enough to insure a good grip. Because of the different sizes of hands this is a delicate and important touch, to be found only by experience and careful observation.

The grip should be at such a place with respect to the center of gravity on the discus, while it is being whirled, that the drag will be certain to carry it far enough toward the front in making the final effort. This will cause a good sail from a release that is delayed until just the right time; that is, a release that will sail the discus approximately straight in front.

The discus thrower should stand with the feet about 18 to 20 inches apart (comfortably) with the weight on the balls of both feet, with the knees just slightly bent, relaxed, facing the direction of the throw. He should grasp the discus with the right hand and support it with the left in front of the body until the throwing arm is extended. (Illustration 1.) Contrary to common practice, it is not desirable to do much preliminary rotating back and forth with the arm extended. This is quite likely to retard rather than encourage the necessary relaxation. The writer assumes that the athlete has been taught to warm up thoroughly before attempting exerted movements in any activity. He should extend the right arm and rotate easily, swinging the discus to the rear and as the return is made advancing the right foot forward and slightly to the left. (Illustration 2.) If performed easily and properly this is a co-ordinated movement.

As the extended arm starts back again with rotation at the waist, the thrower should move the left foot forward directly in front of the right foot and just far enough to insure a comfortable pull. Here again, the movements of the left foot and right arm are co-ordinated. (Illustration 3.) As the left foot goes forward, the right knee should be bent enough to insure a good leg pull, which begins simultaneously with the arm pull on the discus, now well in the rear of the body. Failure to get this unison is a common error in throwing. At this point the feet are on a line in the direction of the throw (too long a spread is a common error), and the final effort is beginning. As the extended arm

*Illustration 1*

*Illustration 2*

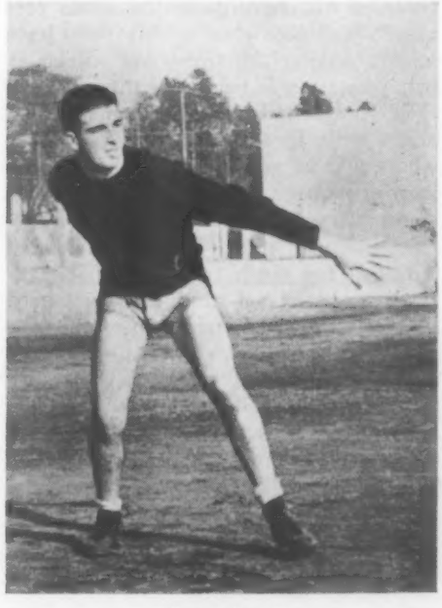


*Illustration 3*

*Illustration 4*

comes around it should be at an angle of approximately 45 degrees to the ground. More or less of an angle will prohibit a correct sail, which is made by proper releasing off the forefinger in such a manner that the front of the discus will be just above the rear as it leaves the hand. This cannot be accomplished unless the discus is riding as a dead weight and the hand is in the correct position at delivery.

As the right leg becomes extended, there is a final push with the left leg which brings the thrower well up on his toes. At this point the reverse is executed which, when completed, will find the thrower with his weight on the right leg, and with the left leg thrown around behind to maintain balance. (Illustration 4.)

This exercise will teach the beginner: To sail the discus; to rotate the body and arm in co-ordinative movements with the feet; to rise on the toes in the final effort.

After the athlete becomes proficient in these movements he is ready to learn the turn and travel across the ring. He will find himself familiar with the more important parts of the new action.

The reader must bear in mind that the athlete shown in the illustrations is a beginner. No attempt is made here to comment on faulty details. The novice discus thrower may, however, find these illustrations helpful.

# Begin Now to Prepare for the Olympics of 1936 and 1940

*By Hal Barron*

THE length of time some of the Olympic athletes have cherished the idea of winning places on the Olympic teams makes us realize that three or seven years ahead is not too long for the preparation of high school and college athletes for their call to the marks in the year of their tryouts.

Undoubtedly the boy who has the idea early in his athletic career that he might make the Olympic team in a few years is more likely to accomplish his purpose than one who plays along and gets that thought just a year before the games.

The question to be decided is what to tell the athletes early in their careers that will place the winning of the honor within the bounds of reason for them.

It would seem that perhaps an understanding of just what a champion is, and how very normal and human such a person is, would help the young athlete to set his mind toward Olympic training. An industrial engineer defines a champion in any line of work as the person who has discovered the best way for him to do a thing and who has then persistently done his particular work that way. In athletics the champion is perhaps the one who has best selected the event in which his physical and mental characteristics and inclinations would seem to get the best results for the energy expended.

It has been observed that most champions have chopped their events to pieces, so to speak, and have practiced diligently at an isolated portion of the event. Then another and another portion has been taken, worked at and polished and finally the whole event combined. Exaggeration has seemed to play a part in this training. Athletes have exaggerated leg action and arm action and other phases of the event so that in the heat of competition, when the muscles have to be on the job of their own accord with little help from the brain, there is no hesitation in doing the action normally.

Another necessary ingredient in the preparation of the early-aspiring Olympic athlete would seem to be the frequent pitting of his ability in actual competition against others of high class. This is important in order that the athlete should have the necessary athletic age and experience. In some sections of the country there are athletes whose competitive experience during college is less than half that of others who reside where practically year 'round competition is afforded.

This aging athletically is required for the upbuilding of poise that is so necessary when an athlete goes to the marks in the trials with a trip to Europe at stake. This poise will prevent his thinking so much of the trip and his desire to make it that he strains and ties up and performs less creditably than his record shows him to be capable of.

The athletes with the early-planted Olympic idea should know that most of the men who have made the teams previously and high class athletes who have missed making the teams are willing to help youngsters in perfecting themselves in their chosen events. The young athlete might write to an outstanding performer who would be expected to have a certain interest perhaps in the youngster's aspirations. He might just ask one or two specific questions which could be answered with not too much trouble on paper already prepared and which is accompanied by a self-addressed and stamped envelope for reply. The chances would seem to be very good for receiving a reply of much value if that procedure were followed.

The coach with young athletes in whose mind he has planted the idea of the Olympic team possibility might help the athletes considerably by telling them of the many sources of written material in books and magazines on how to perform and train for their events.

Little talks on Olympic events by coaches undoubtedly could implant many ideas of winning places on the team. These would keep numbers of young athletes out of mischief and might do as well as and better than the advice handed out by the late Mike Murphy to an awkward high school freshman who was trying to get a stride in his event. Mike said, "Boy, don't suck cigarettes, keep away from the booze and the women, and you might be Olympic champion some day." Mike's guess missed by a yard and a half eight years later, but his words and a picture of him were the driving power that kept urging the lagging spirit.

Blondie Romig, Penn State distance runner of a few years ago, began thinking of making the Olympic team when a room mate suggested the possibility of his making it. Ed Hamm, broad jump champion in 1928, tells of a high school coach who suggested that, instead of sitting still and reading the names of champions in the sports pages, boys of his squad should get out and work their own names into the list of champions. Paddock has mentioned the influence of an early medal won in kid competition days through the kindness of a college athlete who put up one of his own medals for a prize. One famous high jumper with the Olympic urge had the height of the world's record marked on the walls of his room where he could see it often enough to become less fearful of its dizziness.

The youngsters have of themselves picked up some ideas about the Olympics from the wide publicity given the games of 1932 in Los Angeles. Just a little encouragement and backing will give the needed impetus to crystalize half-formed resolutions into full-fledged determination for hundreds of youngsters to say to themselves, "I'm going to do my best to make that Olympic team some day."

Much encouragement may be expected from school and college coaches.

# Technical Talks on Football

## from the Twelfth Annual Meeting of the American Football Coaches Association

### Held in New York, December 27-28, 1932

## The Multiple Kick

*By Edward L. Casey*
Head Football Coach, Harvard University

DURING the past two years, we have used a certain innovation in the kicking game. It is not to supplant any other idea in kicking, like the regular quick kick, but it might be used occasionally to advantage along with it.

It is called the "multiple kick" for no particular reason other than that there is an additional backfield man handling the ball before it is kicked. I think that it originated with Foster Sanford quite a few years ago. In his method Mr. Sanford had two men holding the ball, but when the ball was kicked the holding man did not release his hands. That is the way I understand his particular multiple kick. I think that type of kick was subsequently ruled out as illegal.

We use the multiple kick from a semi-punt formation, and I think it could be used from a deep double wing-back formation. It might possibly be used from the single wing-back. I rather doubt if it could be worked out with the Notre Dame backfield shift.

The idea in our use of the multiple kick is this: We have our plunging back behind the right guard, with a balanced line in semi-kick formation. No. 2 back is about 4 yards back of center. The ball is passed from the center to this particular back. In that position he hits the line, he handles the ball on spin plays, and he is involved sometimes in forward passes.

And so, with that set-up, we thought we might work the multiple kick in to advantage. The ball is passed from the center to the No. 2 back, who is in his regular position. He starts a pivot or spin inside with a start of a quarter turn. He does not move his feet. As he receives the ball from center and is spinning, he places his hands on top of the ball, which he holds with both hands on top, near the ends. He really holds it with his little fingers, which are underneath the ball. That is practically what holds the ball up. A very important thing is this: when he gets the ball in position to be kicked to have the nose pointing slightly downward. In other words, he holds it with the point slightly down, in a position about a foot to a foot and a half off the ground.

*WITH each succeeding year, the American Football Coaches Association grows in size and importance. It has been the custom for the past few years for the ATHLETIC JOURNAL to publish the proceedings of the Association's annual meeting. This year, however, because of the length of the report and because some of the material is of interest only to members of the Association, the complete minutes of the meeting will not be published in the ATHLETIC JOURNAL. Only some of the interesting speeches on technical phases of football are included here. Complete minutes of the meeting are being published separately and will be distributed to members of the Association, and also to non-members who have requested them from the ATHLETIC JOURNAL. Other non-members may secure copies by sending 25 cents to W. H. Cowell, Secretary, Durham, N. H.*

### Key to Diagrams

*THE defensive team players are indicated by letters: RE for right end, RT for right tackle, etc.*

*The offensive team players are indicated by numerals: 1, 2, 3 and 4 are backfield men; 1 is usually the back nearest center, 3 is the triple-threat back behind center; 4 is usually the back on the strong side. The linemen are as follows: 11 is the center, 5 the left end, 7 the left tackle, 9 the left guard, 6 the right end, 8 the right tackle, 10 the right guard. In other words, linemen who would normally play on the right side of the line in the balanced line are even numbers; those on the left side are odd numbers.*

*This system of designation is the suggestion of Dr. A. H. Sharpe of Washington University, St. Louis. The Editor of the Athletic Journal welcomes an expression of opinion on this system. Does it aid in an understanding of formations and plays?*

The kicker takes his position about two full strides behind the holding back, and, as the ball comes back and is being put in position, he comes up with his whole thought on how to hit that ball right and kick it.

The result is a rather low kick; that is, the arc of the ball is not particularly high. As a result, the ball usually lands in such a fashion that we get a rolling ball. With the wind, particularly, if the multiple kick comes as a surprise, we get great distance. As Dr. Marvin Stevens has said, he has seen it kicked seventy yards. I know there are others who have seen it kicked seventy-five and sixty-five yards quite consistently, counting the roll.

Now, what are the advantages of the multiple kick over the regular quick kick? Well, it is easy for the center to pass to the No. 2 back. The kicker does not have to pay any attention to fixing the ball, or to dropping it, or the method in which he kicks. The ball is in position; he knows exactly where it is going to be.

It also works in with our general scheme of offense. The back one time hits the line, and another time he spins and gives the ball to another man. The tendency for the defense is naturally to bring up the secondary players and we have them coming up to stop our line plays. On a first or second down, in the right position of course, and probably better with the wind, we will undoubtedly get good distance out of the multiple kick. It is not complicated.

There is one other thing about the multiple kick that is really worth while. Practically any backfield man can kick the ball in this fashion. We have so many backfield men—and every squad does—who are unable to punt in regular fashion or to quick kick; but anybody can use this type of kick, and that is a help.

As I have said before, the idea is not to supplant the regular quick kick. I think if some of the teams that use the types of formation that I have mentioned here were to use the multiple kick occasionally, they would find it of great advantage.

The way in which we kick the ball may be described in this way. Let us assume that I am the back who holds the ball. I catch the ball in the regular fashion and I start the pivot to try, of course, to deceive the defense. As I am swinging around, my hands come on top of the ball, my fingers underneath; I hold the forward point of the ball down slightly.

One of the most important things about this kick is the height at which the ball is held. If the ball is held high and the kicker's foot meets it high, we will have a high kick. If it is down, we get a low kick and a rolling ball. We hold the ball the length of a football from the left toe.

The man holding the ball must release his hands just before the kick is made. That is to comply with the rules. The rule says that a punt may be made by

any one man dropping the ball; or by two men, one dropping the ball and another kicking it before it hits the ground.

The kicker uses the instep of the foot in meeting the ball and gets a snap from the knee. The ball in its flight is usually a spiral.

One may think that the multiple kick is easily blocked, but because of the surprise element it is not. I have never seen it blocked. We have timed this kick. We have found that we get it off in about a second and two-fifths, which is really a little bit faster than the ordinary quick kick.

The defense on the right of the line cannot possibly block it. The left end, I think, is far enough removed so he has not time to get in. The men we are concerned about are the three center men. If our team is able to hold them, the multiple kick is in no danger of being blocked.

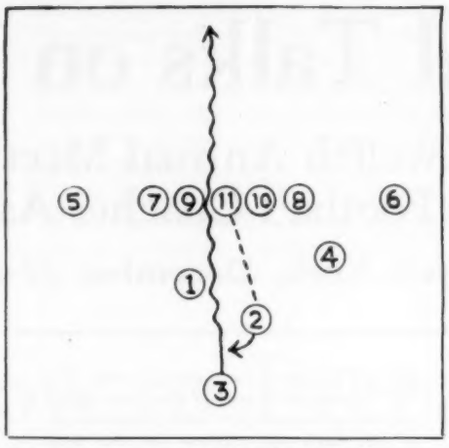



*Diagram 1—Casey's Multiple Kick Formation*

## The Quick Kick

*By Bernie Bierman*

**Head Football Coach, University of Minnesota**

QUICK kicking has had considerable publicity during the last few years. I think some people have the impression that it is something new in football, but it is not that at all; it is merely an old thing which was partially forgotten and which is again coming into general use.

I like to consider a quick kick in the light of an offensive weapon in football, the same as our end runs and forward passes, or anything else that we have. I have found this to be true, and I think that a good many coaches have found the same thing: You play from one formation rather successfully; you put most of your effort on that, and your plays go better from that. You have your running plays and your forward passes. Then when your team goes back to kick, you put the kicker 'way back and practically tell the other team your man is going to kick. You may have some plays to go along with that, surprise plays, but your attack from that kicking formation is not developed to the same degree as it is in your other one.

So I think, wherever that is true, to keep the defense guessing both types of kick are necessary: the regular standard kick and the quick kick. The value of the quick kick, as I see it, comes in two ways. Of course, the defense can play its secondary set-up in such a way that you are not going to get any particular advantage from quick kicking; but if the secondary is set up in that way, it is a little bit weaker against your running plays and forward passes. If it is crowded close behind the line, you can use the kick itself to advantage.

When we compare the quick kick with the standard kick, of course the standard

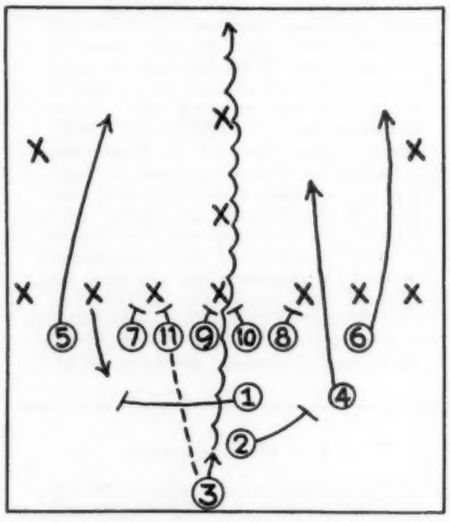



*Diagram 2—Bierman's Quick Kick Formation*

kick has some disadvantages. We don't expect the boy to place his kicks quite so well in the quick kick. We don't expect the boy to get so much distance with the ride of the ball in the air. But we do expect him, if he is successful with it, to average a little better distance than he could on a regular standard kick, when we take the roll into consideration.

I have found in my experience that it is always a little bit harder for us to calculate and plan our defense when we know the team we are going to meet uses a quick kick. This play must have the same effect on the rival team.

There is nothing particularly odd about the way we use the quick kick, but I do think that we have been getting the ball off a little bit faster than most teams. I have seen considerable quick kicking in which the kicker tries to fade rapidly back a few steps and get the ball off. He gives away what he is going to do, and his kick is not so fast as he could make it otherwise.

We use the single wing-back, having our tail man do the kicking, and keep the element of surprise. Naturally, we want the tail back to keep his stance the same as he does on his other plays. We have him assume the same stance as he would were the play to be a running or passing play.

On the quick kick, we do not use a rock at all. We want the center to pass the ball about waist high. The speed with which the kicker kicks and his exact form depend largely upon the man.

Possibly the best man I have had in my experience in quick kicking is a boy, Glover, I had at Tulane. He was nearly an ideal boy for this play. Most kickers cannot get the form as well as this boy did, but we attempt to get them as close to it as we possibly can. As the ball started to come, Glover took a short step with his right foot, had the step with his left foot nearly completed at the time the ball hit his hand, and kicked without any effort to kick a spiral. In fact, we prefer to have the kicker put his foot straight into the ball and get a roll, end over end. In a few isolated cases, our kickers have rolled the ball down the field about eighty yards.

We have been using the quick kick as follows: We let both ends and usually the wing-back go down with the snap of the ball. The center men just hold the line tight. We have one man come across to the weak side and one man protect on the strong side; each takes the first man on his side out of the play regardless of what position he is playing.

If the ball is sent away quickly from close in, I never worry about the rushing. My only worry about having the kick blocked is that somebody will break through the middle, that the kicker's technique will be faulty, or that the kicker will kick too low and into the line.

The danger of having the quick kick blocked (I know this has been my experience) is considerably less than with the standard kick. Every year for the last five years, I have had more men on the squad who were safe quick kickers than the number who were safe standard kickers.

The position of our tail back in the quick kick varies a little from our standard formation. He is about six yards back of the line. I am not giving away any secrets. You coaches can probably see the variation from the bench, but the opposing team has trouble in doing so.

The tail back meets the ball with as much forward motion as he can control. He gets in as many as possible of his steps before he meets the ball, but he does not start before the ball is passed. He starts smack with the ball, if he can handle the play in that way. If he cannot, he waits just a little bit longer. Glover would start right with the ball. Just as the ball started he would start his steps. He gave the appearance of having the ball just hit his hand, and *bang*, he would have it in in the air.

I have found the quick kick a rather valuable weapon for us. It has pulled us out of a number of holes. I think there

is in the average football game possibly a dozen times when you have quick kicking situations—in other words, places where the defense is extremely in doubt as to whether you are going to kick or not, or situations where you should kick when the defense is not expecting it. I think, even though the defense is playing for it, the quick kick is of some value.

The only way I know of for a team to stop the quick kick is to put a player back far enough to field the ball. If you have a good quick kicker, the defense takes away some of its efficiency in playing against other attacks when it puts that man back. Even though the opposing team is prepared for the quick kick, it is a good weapon for any team to have.

In practice, I find that a team does not require so much time to perfect the technique of quick kicking as it does for regular kicking.

## The 6-2-2-1 Defense

*By Harry G. Kipke*
**Head Football Coach, University of Michigan**

IT is not my intention to convince you that the 6-2-2-1 defense is the best and only defense to be used successfully against the various offenses of the good teams throughout the country. Michigan has been successful during the past few years with this defense and naturally we think it is the best for our team.

If you were sure the offensive team intended to use a line play throughout the game, I would suggest the use of the seven-man line defense. The modern game of football has made it necessary to play a six-man line defense to cope with the passing game, and especially the long passes. The quick kick has made it necessary to have the quarterback deep enough so that the kicker cannot punt over his head.

During the past football season, most of the major football games were won through the medium of the forward pass and the kicking game. We at Michigan feel that the short gains through the line will not win many games; so we have stressed our defense to check against these two offensive weapons.

All eleven players are important in the success of the 6-2-2-1 defense. The two key men, however, are the fullback and the center. These two players will make about 50 per cent or more of the tackles during the game.

In the Michigan games during the past ten or fifteen years, and even before that time, you will find that Michigan has had a good center. It has been our policy to pick the best lineman for this position. He must be a boy with good endurance, splendid co-ordination and, above all, the ability to diagnose plays readily.

The defensive center usually plays between his right tackle and right guard and about 2 yards deep. This position, of course, will depend upon the down, the distance to go and the position on the field. He must meet the play in the line if it comes his way. If it goes in the other direction, the center will look for a cut-back before he commits himself by going in to meet the play.

The fullback will have to be rugged in order to stand the bumps that he gets in performing his duties, both offensively and defensively. On the defense, the fullback plays about 2 yards back on the left and in the hole between the tackle and guard. His position is played the same as the center's, provided, of course, the center plays out of the line.

The common mistake that defensive centers and fullbacks make when playing the six-man line is to play too far back. When they play more than 3 yards back, it gives the ball-carrier an opportunity to get past the line before being stopped. If the ball-carrier has a man leading the play, this man can easily block the fullback when he is playing in this position. If the fullback or center hits the interferer or ball-carrier at the time they get to the line, the play is usually jammed at that point. When these two men play too deep, they are good targets for the offensive ends to block and cut down.

The type of game that the defensive tackle plays will depend largely on his physical make-up. The majority of the linemen play on three points. If the tackle is the type that has good footwork, of course he can play higher and depend on his footwork to get him in position to make the tackle. The defensive tackle must get across the line of scrimmage in order to be any good in this defense. We at Michigan do not give the tackle much leeway when on defense. If the tackle on the strong side can get about 2 yards across the line of scrimmage and face the inside at about a 45 degree angle, we know that he is in position to stop most plays, i. e., providing he does not take too much time in getting to this position. Care must be taken on the part of the tackle that he is not too high. Players of this type are easily taken out. This makes the spinner plays of the opposing team very effective.

The weak side tackle must be very careful that he does not get across the line too far. The weak side tackle will usually play in front of the offensive end and squeeze the play. He must get across the line so that he can help the end, provided the opponents start a wide play around his side. Our weak side tackle plays very low. This is especially true after he has made his initial charge across the line. If he is not low, he is open for the sucker play that is so commonly used.

Modern football has made it necessary for the guards to be as fast and agile as the halfbacks and ends. Weight is essential, but this quality may be overlooked if the guards are fast and able to block well as they shoot out of the line to lead the offensive play.

Defensive guards playing the six-man line must play close to the ground. Our guards are continually told to eat dirt all afternoon. If the guards play low, they cannot be taken out of their positions. If each lineman plays his own position and charges straight ahead, the offense will have trouble forming interference for the ball-carrier.

The strong side guard plays between the two offensive tackles and tries to get across the line, the same as the guard on the weak side. His essential duties are to get across the line, charge straight ahead and play very low.

An end should be heady, clever, quick, fast and shifty. He must be an accurate tackler. Both on offense and defense he must vary his position in such a manner as to keep the opponent guessing and worried.

Since there is no one immediately opposite him, the end should stand up when on defense in order the better to see the development of the play. Both ends may play the same on defense. The main object, of course, is to run or drive the play inside.

We give the ends three methods to combat the offensive plays.

The rushing end goes hard into everything, trying to smash things up before they get started. In this type of defense he does not try so much to get the runner, but to smear the play. If the end smashes in this manner, the defensive tackle on his side will usually float so that he can protect the end's position if a play should get around. The fullback also looks for a lateral pass or wide, deep sweep, which is usually good against a hard charging end.

The waiting end steps across about 2 yards into the defensive territory, plants himself and awaits developments. This type of end is hard to block because he is in the best position to side-step and use his hands. He is usually hard to fool because he is in his position after any kind of criss-cross or trick play.

Floating ends are very desirable to combat sweeps and lateral passes. The floating end can take his position in any manner he desires as long as he is in position to perform his duty.

The halfbacks should play from 8 to 10 yards deep and to the outside of their own ends. If the halfback is on the long side of the field, he will naturally play wider. Halfbacks will never be any good to the defense unless they make the majority of their tackles on the line of scrimmage. They must come up fast to make the tackle.

Positions of the quarterback will be determined by the position on the field. The quarterback usually plays from 20 to

30 yards deep. If there is a punt in order, he usually plays 30 or 40 yards. The quarterback should also come up to meet the play as soon as he is sure it is a running play.

The offensive end will give the cue as to the type of play that is coming. If he stays in the line to block, it will usually be a run on that side. If he comes out of the line, a pass or run on the opposite side is in order, or possibly a kick. The halfbacks can learn a great deal from the offensive end. He is usually the key man in the offensive attack.

In the pass defense the halfbacks are responsible for the long outside man. The quarterback covers the deep center territory. The fullback will handle the short, strong side position, provided the offensive shift is to the right. The weak side end will cover the short man on the weak side. The center covers the short territory immediately back of center. If each man plays in his respective position, all the offensive pass catchers should be covered.

The best pass defense is a defense in which the passer is rushed hard. We stress this by rushing the strong side end; also the two tackles and guards. The tackles are instructed to be in a position so that the passer cannot run with the ball after faking a pass. They always keep to the outside of the passer and tackle high.

Our players are instructed in the use of various other defenses. They know their duties in the "seven box" defense, "seven diamond," and the 6-3-2 formation. They use these defenses when conditions warrant it. The down, the distance to go, the time, the score, position on the field, condition of the field and, last but not least, the team they are playing will determine the defense used.

## The 7-2-2 Defense Against the Double Wing-Back

*By Chet Wynne*

**Head Football Coach, Alabama Polytechnic Institute**

THIS is a very specific subject: the 7-2-2 defense against the double wing-back or the so-called Warner system.

The Warner system or double wing-back system looks something like Diagram 3 before play is started. We play our left tackle almost in front of wing-back 4. Our left guard is in front of the offensive tackle. Our right guard is in the hole between No. 10 and No. 9, while our center plays in the hole between 7 and 11. Our right tackle plays almost directly in front of the No. 2 wing-back.

Our ends are in rather tight and they are bearing in mind the tactical situation; that is, yardage to be gained, position on field, the score, etc., as well as the personalities of the opposing wing-backs. If much yardage is to be gained and there is much territory outside of our defensive left tackle, the left end plays wide. I try to teach him to come in very low, playing the wing-back, No. 4, and at all times facing in. If, however, No. 4 back starts to reverse, our left defensive tackle plays the end and comes in considerably closer. We always have the weak side end come in close. Mr. Yost told me when I asked him about the defense for this formation that he would eat up all the ground gained outside the end; so our right end or weak side end comes in close.

If back No. 2 starts in motion, our right tackle immediately plays in short of No. 5. We do not let our weak side tackle, who is the right defensive tackle in the diagram, come crashing across the line of scrimmage because a spin play might come inside of him. In the South, Wallace Wade has used the sucker play to great advantage. He has been a great exponent of the double wing-back, and he swings his men through the line on spin plays. We let our right tackle or weak side tackle remain on the line of scrimmage rather low. When he goes across, he does so very cautiously and faces in. On all spin plays with No. 1 spinning, our three men in the center are responsible for him, that is, our right guard, center and right tackle, while the wide guard, who is our left guard, is able to go in or out.

On pass defense, I number off our players man for man. I let the two back men, the left half and quarterback, cover the ends. When No. 4 starts in motion, our fullback comes up behind the line of scrimmage and follows No. 1, while our right half covers No. 2. If No. 2 back starts in motion, our right halfback immediately comes up behind our center and watches No. 1 back. We find that No. 1 back, whether he goes to the short side or the strong side, regardless of which wing-back may be in motion, is usually leading the play.

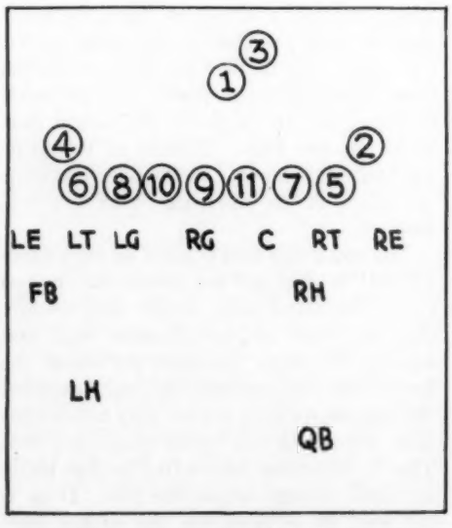



*Diagram 3—Wynne's 7-2-2 Defense against the Double Wing-Back. Defense before play starts. Tackles and backs change positions when either wing-back moves, as explained in accompanying discussion.*

## Defense Against the So-Called Notre Dame Offense

*By Dan E. McGugin*

**Head Football Coach, Vanderbilt University**

WHEN I asked Hunk Anderson to give me his ideas about a defense against Notre Dame plays, he said I ought to know; that Vanderbilt had played against them often enough. When I put the same question to Chet Wynne, who brought Alabama Poly at Auburn from zero to championship calibre in three years, he said he didn't know of any defense.

We have a number of Notre Dame coaches in the South and they are all men of ability and character.

I had the pleasure of sitting with that fine sportsman, Mr. A. A. Stagg, watching the game between the University of Georgia and Georgia Tech on December 3rd. Harry Mehre's University of Georgia team used the Notre Dame system. I will describe the defense against it planned by Bill Alexander of Georgia Tech.

As we all realize, the shift of the Notre Dame backs and the shuttling of the ends, among other things, has the following advantages: A gain in advantageous position; rhythm and timing, enabling the backs to get off quickly and as a unit; and hesitation in charging by the defense, particularly where occasional plays are run from the set offense. If the defensive team hesitates in charging, it is lost.

It is easy enough to stop the Notre Dame team strong side plays by shifting. Most defenses overshifted. Then trouble is caused by the close weak side plays with the spinner and various companion plays. The Notre Dame offensive formation is not particularly suited to quick kicking or very long passes.

The defense used by Georgia Tech was as follows: Before the shift, the defensive guards were low and on the outside shoulder of the offensive guards, the defensive tackles on the outside shoulder of the ends and the defensive ends were about 2 yards out from the tackles. The defensive fullback and center were each about 3 yards back of and directly in front of the gap between the offensive ends and tackles. The halfbacks were back about 7 yards and fairly wide, and the safety man was back about 20 yards. The positions of all men in the secondary somewhat depended upon the position, down or distance to be gained. This is a pretty solid defense against plays from the Notre Dame set

offense, the majority of which are split bucks, straight bucks, split buck passes and fake bucks with the quarter keeping the ball and running wide.

Let us assume for convenience that Georgia shifted to the right. The defensive left guard was low and in a position to charge the offensive guard and tackle, both being required to handle the defensive guard. The defensive left tackle moved out with the offensive right end and took a position on the outside. The defensive left end preserved his interval with the tackle. The fullback came up into the line on the outside of the offensive right tackle and into the opening between the offensive right tackle and the end. The defensive center lined up about 3 yards in front of the offensive center. The defensive right tackle took a position on the inside shoulder of the Georgia left end, first using his hands on the end and then going to the play wherever it developed. He went barely across the line of scrimmage in a close weak side play. The defensive right end took his position on the outside shoulder of the offensive left end.

This put a serious problem up to the offensive right end. If he did not attend to the fullback, the fullback could come right on in to the backfield, going to the ball wherever it went. If the right end blocked the fullback, the tackle could come in pretty fast, because no wing-back has any right to keep a low charging aggressive tackle out of the backfield. The left end was free to float back after a flat pass. Or, if the end went in, the tackle could play conservatively. Some coaches think that the fullback might come into the line directly in front of the strong side tackle, permitting the lineman to the right of the fullback to take a position more effectively against the weak side plays. Alexander, however, had a good defense against strong side plays and reasonably good against close weak side plays. This is a defense that has been used considerably in the South against the Notre Dame offense with a reasonable measure of success.

The Notre Dame offense after the shift is in pretty good balance for the close weak side attack, and if this defense I have described has an inherent weakness it is against the close weak side plays. If the man backing up the line on the weak side makes no mistake in diagnosing plays, he can come up close to the line against weak side running plays and go back fast for passes. He must be careful not to guess wrong.

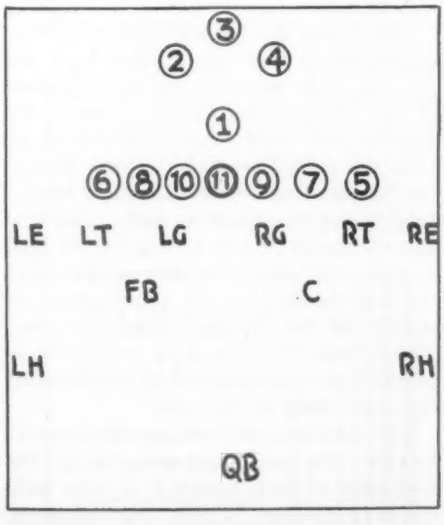



*Diagram 4—Defense against the Notre Dame Offense explained by McGugin. Before shift.*

## Offense Against the 6-3-2 Defense

*By James H. Crowley*
Head Football Coach, Michigan State College

THE offensive play I shall describe has been used with a fair degree of success against the 6-3-2 defense.

We find when we play against a 6-3-2 defense that the two opposing halfbacks are out just about even with the opposing ends, and, in most cases, the ends will be

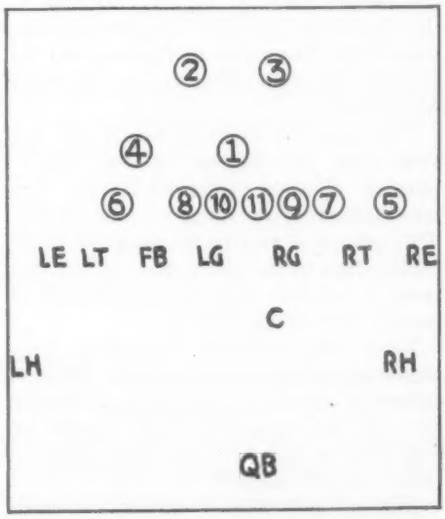



*Diagram 5—Defense against the Notre Dame Offense explained by McGugin. After the shift. The offensive team has shifted to the right. The fullback has come up into the line. If the shift has been to the left, the defensive right end and tackle would have moved out, and the center would have come up into the line between the right guard and tackle.*

smashing and the two halfbacks backing them up. They come up and play as ends would play.

We may see from this defense that probably our best plays against it would be passing up the middle, with our two ends trying to decoy these halfbacks out; or, again, a good play would be to quick kick against it.

Naturally, against any six-man line, we want to try to get quick opening plays.

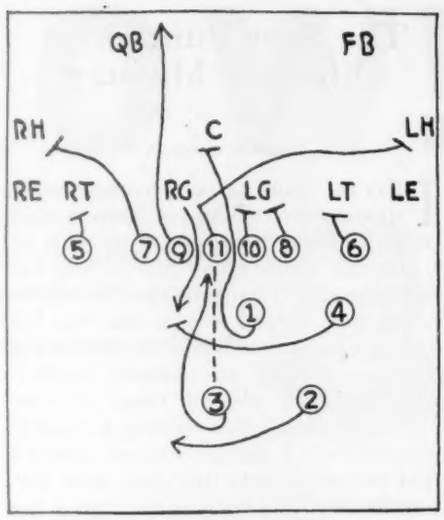



*Diagram 6—Crowley's Spinner against 6-3-2 Defense.*

This is one play that we used last fall: The ball went to halfback No. 3; No. 10 and No. 8 doubled up on the opposing left guard and took him to the right; the right end, No. 6 checked the opposing tackle; No. 1 faked a spinner; a full spinner to the fullback, No. 3, went across. End No. 5 took care of the opposing right tackle. The center faked at the opposing right guard in order to make him believe that our men were trying to take him out, but missed him on purpose and took the left half. Guard No. 9 went straight down the field, and the tackle, No. 7, went over and blocked the right half. Our quarterback, No. 1, led the play up the field.

We hoped that, as No. 1 turned, the opposing right guard would come through. Our right halfback, No. 4, would then come across and take this guard, after which he would go up the middle with three or four men ahead of him.

We used this play with a fair amount of success during the past year.

Now just a general discussion for a moment about the 6-3-2 defense that is used against the Notre Dame system: We find the ends are smashing. The two men who are flanking the ends come up on the line of scrimmage and play like ends.

When the opposing team is using a six-man line, we try to use plays through the middle of the line and inside of the tackle. It is very hard to use an off-tackle play, because the ends are smashing in and they take away most of the interference at that particular point.

We find that when we let men come through the ends of the line, if they are playing a waiting game, the defensive base is freed. If these men are waiting, we can put two men on one and we can push them back. If they are charging through the line, then, of course, we can cross-check on them—and we have had a little success with that.

# The Spot Punt as an Offensive Measure

*By LeRoy N. Mills*

**Princeton University**

I DO not claim to be a football coach, sportswriter, official, or even a past player with any record worth speaking of. I am only an everyday person who has had a love for this game that we all are interested in second to none, and who has had as a spare time hobby the fascinating study of kicking an ordinary football, with the main idea of being of some aid to the schoolboy in meeting his college competition. I assume without question that we believe that this great game betters the boy, who really is the man in the making, as well as us older boys.

Football has met many tests successfully; even those of the depression. It may be a very fitting thing for an ordinary person to bring the angle of the ordinary man to the attention of coaches.

I think almost everybody agrees that the future of this greatest competitive game is in the hands of you coaches, who are really the trustees and custodians of its future usefulness.

This is no idle talk, as is known by the older men among you, who have lived through the critical eras through which football has already safely passed. Only the older men here can recall the first real crisis of the '90's when the wedge plays of Princeton and Yale culminated in the dangerous flying wedge of Harvard, invented by Professor Deland. All concerned made this illegal by mutual consent because of its crushing power. Most of us remember the crisis of 1906, brought about by the death of numerous players, particularly the death of Cadet Byrne in the Harvard-Army game. Were it not for the cool action and judgment of the then President, Theodore Roosevelt, who called the representatives of leading colleges together at Washington, from which meeting the present open game was born, we would have no football today. Then, of course, we all have just lived through the crisis of last year when another West Point cadet became an immortal of this game. The courageous work of E. K. Hall and his faithful Rules Committee again saved this game for us all.

We must not forget that football owes a big debt to those Spartan mothers of the young men who lost their lives and who exerted their influence in behalf of continuing the game, even while they were suffering their deepest sorrow.

I merely mention the above in passing so that you coaches may be ever mindful of the trust imposed upon you by the youth of America and those interested in them, so that, when you feel like kicking against the Rules Committee because of some rule put in for the safety of the game, even though it upsets some particular theory or play, you may withhold selfish criticism and abide by the spirit of the rule for your own sake, as well as for all concerned.

We have heard much of late years of the systems used in the game by Rockne, Warner, Dobie and others, which have for their main purpose the concentrating of greater power at the point of attack by the offense than the defense can meet.

I have no fault to find with these systems and merely mention them because my subject has to deal with the lack of an accurate kicking supplement to these systems, which I believe is a fundamental of football and which I believe has been overlooked in carrying out the details of the present game. The perfection of the running, passing and rushing game can go very little farther, but, on the other hand, a real understanding and use of a certain kind of kicking has almost been neglected, although the game is called "football." Just as soon as the "kick" is taken out of football, you may as well commence to fold your tents.

I have no job to lose nor axe to grind, and therefore no one has anything to lose from me, as I cost nothing. I can afford to talk plainly. This brings me down to the subject assigned by the President of the American Football Coaches Association—"The Technique of Punting and the Use of the Spot Punt as an Offensive Measure."

The game of football during the last two years has become "coffin corner" minded. This is evidenced by the flags now appearing at the goal line corners. This subject of kicking has so many possibilities that in the short space at my disposal I can but deal in generalities and merely scratch the surface.

From my personal experience from many experiments and mistakes made in following out this matter, I have formed very definite conclusions which I know are somewhat at variance with many common beliefs on this subject.

This brings to mind a story. It has been told, whether true or not, but it sounds as if it might be, that one Sunday a famous and beloved President of this country went to his favorite church to hear a sermon. His gracious wife was unable to accompany him, as she usually did. The President was a man of few words. When he returned from church, the first lady of the land was very anxious to know all about the sermon. The following conversation is reported to have taken place:

Wife: "Well, how was the sermon?"

President: "Good."

Wife, growing impatient: "Well, what was it all about?"

President: "Sin."

Wife: "Well, what did the Minister say about it?"

President: "He was against it."

I am against the usual fourth down defensive punt, particularly when in my own territory. There are many reasons why this is disadvantageous. Here are some of them.

First: It is forced by the other side because the kicking team has notified everyone and its own members that it has failed in its offensive. This is not a good thing.

Second: The defense which is about to receive the kick is accordingly prepared and in its best possible position to run it back. This is not a good thing.

Third: The intention of the kicking team is indicated by the stance of the punter and the general situation. This is not a good thing.

Fourth: For all the above reasons the fourth down defensive punt is more or less dangerous to the kicking side; it is easier to block than any other kind of kick and is apt to be unsuccessful. This is not a good thing.

Now, this brings us down to what seems to me to be the best use accurate kicking can be put to in our game today. It brings me directly to my subject of offensive punting.

Spot punting should be just as much an offensive weapon as is any other offensive play, whether it be running, passing or line plunging. The underlying feature of the successful attack in these branches has been the screening of the attack and in not indicating it. Why should kicking be any different? Just remember that if the pass that goes 50 yards is incomplete it comes back 50 yards, but the kick does not. No coach would ever think of passing a ball intentionally into the opponents' hands or of having his star back run intentionally into the arms of the star defensive end. The opponent can do the same thing with a punt kicked into his hands as he can with a pass he intercepts. Then why allow it?

The offensive punt may be made just as accurate as the offensive pass and may have just as far reaching results for the kicking side as has the pass.

The reason this has not been more fully understood is that you coaches have not put your able minds on the fundamentals of the subject but have accepted the ancient belief that your kickers must be born and cannot be made. Every man in the backfield and every backfield substitute should know how to kick. The field general should be able to call for the kind of kick, the man to kick and the place the ball should go to as accurately as he should call for the same thing in a pass. This I believe may be done with no more practice and time spent than in perfecting the same thing in the pass.

The abundance of "Sunday supplement" kickers who appear perennially at the beginning of each season is a clear indication of how not to kick. An inspection of any one of these pictures shows that all hope of real accuracy is out of the question

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if what is pictured there is correct. Most of these kickers are a foot or two off the ground, with the ball thrown ahead and out of control. The kickers themselves are also out of control and therefore there can be no controlled kicking. We will develop this point very shortly.

I once had a schoolboy who was developing into a very accurate kicker, so much so that the Sunday supplement people wanted his picture. After these men had taken the best picture posed according to their ideas, the boy became worried that I would see the picture before he could see me, and as soon as he could get to me he warned me of what I was going to see. He said that the photographers had insisted upon this certain pose, but that he wanted me to know that he had not lost faith in our ideas because, at the end of the kick pictured, he lost his balance completely and fell down.

Let me give an illustration of the value of accurate controlled kicking, which may best be done by presenting two pictures. Both of these pictures I have taken from actual occurrences I observed this past year on the field in an important game.

First picture—The usual fourth down punt. One of the teams receives the kick-off, which, according to statistics, generally reaches the 5- or 10-yard line and is generally returned 15 or 20 yards, being downed anywhere between the 30- and 35-yard lines. The teams are playing in their own class. The receiving team immediately starts to rush the ball and is soon forced to kick after three tries without making its first down. The kick goes the average of 35 yards beyond the line of scrimmage, and is downed on the other team's 45-yard line. This is a big advantage for the other team, unless it in its turn does the same thing.

Second picture—The quick spot kick. It so happens that the other team has been advised that the game has four quarters and that downs in the earlier part of the game and in its own territory are more or less useless. The team, therefore, after one position play to take advantage of a light wind, quick kicks over the heads of the defending players, who have come up in the well-known box defense and are therefore wide open for this play. The kick has a 35-yard air carry. It is kicked low to a definite spot and rolls the rest of the distance until it is downed by the near end, 2 yards from the 3-yard side line, where it is about to go out of bounds.

There cannot be any doubt of the great value of this. Hardly a man on the kicking team had lost his breath; on the other hand the opponents had lost a lot of breath and morale. The line of the kicking team did not have to do anything but check and take it easy. The only man who was required to be on the job, except the kicker and center, was the near end who grounded the ball, and none of these men disliked their work. There was no bodily contact. Can there be any doubt as to the value of this punt? It had an immediate effect upon the teams both as a game proposition, a morale proposition and a practical proposition. A score was bound to come sooner or later to the kicking team unless the other team was able to do the same thing.

It is not generally realized that the average runback of punts is anywhere from 5 or 6 yards all the way to touchdowns. This is under the ordinary fourth down punting. Under accurate punting, such as we are discussing now, there should be no runbacks if it is properly done. In fact, the defense should have absolutely no contact whatever with the ball.

This is proved by the chart of this year's Penn-Navy game in which Penn, with some new kickers using this method, ran back Navy's punts 107 yards, and Navy ran back Penn's punts but 7 yards. No team can afford to spot its opponent 100 yards or the length of the field and hope to succeed.

A very recent example of the same thing was shown in the Notre Dame-Southern California game played but a few weeks ago. Both teams were powerful, with Notre Dame apparently having a little more powerful running and passing attack. Nevertheless, Southern California won by two touchdowns. Here are some of the telling statistics: Notre Dame made 14 first downs to Southern California's 4; completed 7 passes to Southern California's 1. Quick kicks: Southern California made at least 6 to Notre Dame's none. Here is the vital point and the balance of real power in this game: Southern California ran back Notre Dame's punts 76 yards and Notre Dame ran back Southern California's punts 4 yards.

It is my purpose to stick to facts and not fancies. I do not believe that even accurate kicking can take the place of rushing or passing; but I do believe that accurate kicking can make the rushing and passing game mighty effective and successful, and that it will be the factor to win against the team that discards kicking as an offensive proposition, relying only upon the other factors. I assume, of course, that both teams are playing in their class.

Now, every coach is, no doubt, interested as to why and how this spot quick kicking may be done. The fact is that if we go down deep enough into any matter we will generally find some very simple beginnings which, if overlooked and not understood, make simple matters complicated. This is particularly true of spot kicking.

We have two principal factors to consider in accurately kicking a football. One is the football itself, and the other is the chap who kicks it. Let us deal with the football first.

All ball games except football are played with a round ball. This is a most important fact. The center point of this round ball is equidistant from all parts of the surface. The football is the shape known as the prolate spheroid. It has no center point. This is the real answer to the accurate punt and the nemesis to the inaccurate one. The football will act very faithfully for the kicker who understands it, but scorns at every turn the man who does not. Before leaving the football, I want to state some fundamental truths about this peculiarly shaped ball which have a very important bearing on our subject.

First: It has no center point in relation to its circumference. This is a mighty good point and a mighty bad one, which we will develop shortly.

Secondly: It has a short main axis upon which it may turn and which is the underlying reason for the end over end or rolling punt.

Third: It has a main long axis which is the underlying reason for the spiral punt and its variations.

Fourth: It is a wonderfully balanced ball, because of the brains used by the manufacturers in making it; and this factor is ignored by most kickers without knowing it. I refer to those who hold the ball lace on the side with the idea that this means a better spiral.

Now the kicker: There are no two kickers who can fundamentally start alike nor end up fundamentally alike, because there are no two of us alike. The errors that often occur in driving a ball down the middle of the field may pass without notice, although sometimes you have seen a ball slice off into the stands and sometimes even hit the ground and roll backwards toward the kickers, losing many precious yards. This often happens at critical points.

Now in accurate kicking, which is sharp-shooting, things are very different. A little bit of variance at the kicker's end in the aiming of the ball, in the balance of the man, in the position of the left foot or in the angle of the ball as it is placed on the right foot is apt to cost yards at the other end. It certainly would be mighty unfortunate in a critical part of the game to miss the 2-yard line by 2½ yards.

I will briefly treat the mechanics of the kicker kicking for the right hand coffin corner in an actual game as illustrating best and most briefly some of these general points.

Let us assume that we are close up on our kicker with a slow movie. Now let us assume that we are on our 35-yard line, 5 yards in from the right side line. The wind is blowing diagonally across the field into the right hand coffin corner. It is the first down and our ball. Our field general has, of course, observed that the defending team has adopted the box defense, commonly known as the Notre Dame defense,

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which on first or second downs is rather close up to the scrimmage line. If he is wise, he calls for a first play for position from the same formation from which he will kick on the next, using a man to carry the ball who is not to kick. He carries the ball to a position not more than 15 or 20 yards from the left side line. On the next play, without any waiting and from the same backfield formation, the ball is quick kicked for a point on the right side line 5 yards from the goal. This point has been accurately fixed before the game by the use of geometry. The following has already taken place.

Sometime before the game, maybe the Friday before, if it is to be played on a strange field, the coach of the kicking team and his punters stroll out to the 50-yard line to the point marked by the 15-yard in line and there take a look at the landscape. We will take one of the outstanding stadiums of the country. We note that portal "X" is right on a dead line from a point which passes through the 5-yard side line, where a man is now standing, apparently without anything to do. Then the same thing is done with the other goal line. After this, all of the men stroll across the field to the other side where the 15-yard in line is marked, and the same thing is done again.

Questions are asked as to what the kickers would do with this target if the kick is in this spot or that spot and then some simple geometry is applied to the situation; i. e., if the angle is widened or narrowed, then the aim is made left or right of the fixed target, as the case may be. The kickers are told that they must not range from the goal line up, but down to the goal line. Particularly is this so because to their right side right-footed kickers naturally pull the ball to their left; their defective natural balance bears them from right to left. The kickers are told they must make necessary allowance for wind drift and their own errors of balance pulls to the left. They are also warned that it is unwise to kick the ball out on the fly, because kicking close to the goal line is apt to be misjudged by the official whose eye generally cannot judge relative positions with the ball high in the air and crossing the side line near the goal. Therefore, it is better to cut the ball out on the roll by an end over end kick, or a low spiral.

A ball kicked out of bounds on the 5-yard line from the 50-yard line about 20 yards from the side line will need an air carry of only about 47 yards to go out of bounds on the fly. This is easily proved by geometry. Against the ordinary box defense, on the second or third down, 35 yards will easily take the kick in the clear, and there will be needed only a 12- or 15-yard roll to do the job. Anyone who doubts this may take a piece of paper and check it up with the well-known formula of geometry for finding the hypothenuse of a right angle triangle where the base and one of the sides is known, as is the case here.

A defensive field general has a hard job if he attempts to cover a non-indicated, quick, directed kick. He opens himself to other more serious troubles.

Now let us go back to our kickers and assume we have a slow moving picture of just what our kicker actually does on this particular kick we are talking about.

The ball comes to him from the center, spiraling as it should. He receives it 4 or 5 yards back of the center. Nothing up to that point is indicated to the defense as to whether the play is going to be a kick, a pass or a run. As the ball comes into his hands the kicker fades back in balance; his right foot comes back one step. He turns so that his left foot comes back of his right foot and is pointed straight at his mark. Remember, the left foot is the aiming foot for the right-footed kicker. Then his left foot comes up into a kicking step and his right foot follows through, taking the ball from his right hand already aimed, and sending it straight on its way, end over end, not by force but by follow-through. When he completes the kick, he is no closer to his line than when he started.

How does the ball get to his foot already aimed so that this may be done? Let us reverse the movie and slow it up. We will look again.

The ball has come spiraling into the punter's hands from the center, and as it comes into his hands he slides it along his middle finger until his finger is under the middle seam of the ball.

Now we are beginning to deal with balances and centers. I will endeavor to illustrate this to you with a hypothetical football. Let us assume that I mark this ball and my right foot so that, with my middle finger, we have three middles or centers: the middle seam of the ball, the middle finger under the ball and the meridian line of the right foot. If these three are coincided (as they can be), the ball will go straight as an end over end punt.

A right spiral may be made by placing the ball with its forward point slightly to the right of the middle line of the foot, and the rear point as much to the left of the angle; so that the ball is balanced on the foot. A left spiral may be made by placing the forward point of the ball to the left and the rear point to the right of the middle line of the foot and ankle. The left spiral is the natural and easier spiral for the right-footed kicker.

If the wind requires an allowance of 5 yards to the right of the mark and the man's pull on the ball requires an allowance of 5 yards to the left, the ball then may be aimed directly at the mark. If the wind and the man's natural pull do not cancel each other, the ball must be aimed to the right or left, as the case may be.

How is the ball aimed? The middle finger is placed under the middle seam of the ball. If you wish to aim the ball to the right or left, high or low, just move that middle finger accordingly and the ball will react immediately. The process is simple and unfailing. It is the only way I believe the ball can be aimed.

This is opposed to the usual method of throwing the ball or dropping the ball ahead of the kicker, which really causes losing control of the ball even before it is kicked.

Under the middle finger method, the ball and the particular axis desired may be controlled up to the instant of the kick. The kicker may, up to this instant, change the kick to a pass or run. In the other method, that of dropping the ball, the kicker is committed to the kick from the start, win, lose, draw or block.

I can never understand why you coaches have so little faith in the accuracy of your kickers, even if they are accurate. You will not permit them to kick into the open side of the field, which is really the safest place and where the most dividends for the kicker and his team lie.

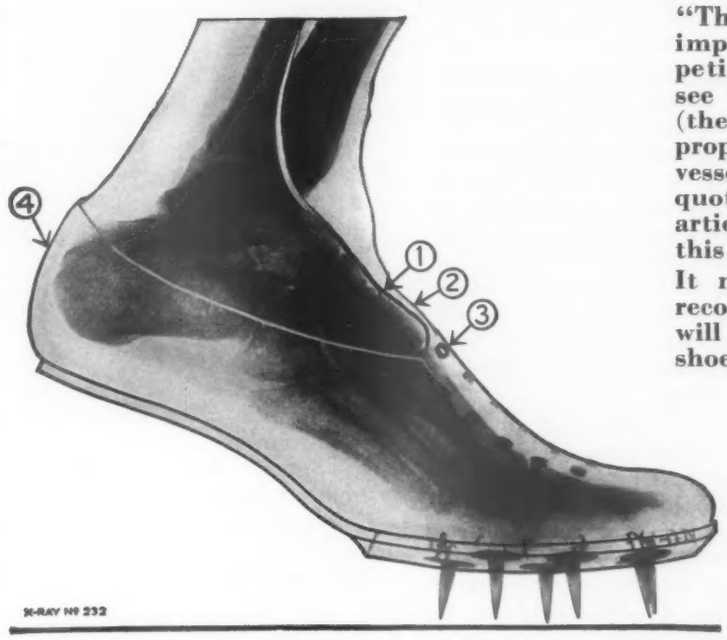
I am well aware of the theories that most coaches have adopted in the belief that every play is a touchdown; but they must realize that every play is not a touchdown, and that sometimes, in trying to carry this theory out, they find their teams lying all over the field in the last quarter. You do not realize, apparently, that statistics of most of the important games played show anywhere from twelve to fifteen punts a side is necessary. Even in that Notre Dame-Southern California game played a few weeks ago, each team punted thirteen times. These records ought to answer the question better than I can.

Accurate kicking, of course, may not be needed when a team is so strong that it never need give up the ball but can drive the other team up and down the field, running up 80 to 100 points and leaving the maimed and wounded guests along the way. I do not consider this the right kind of game. I have little regard for the coach who will do that to his guest opponent for the benefit of his own personal record. And I have little respect for the college that permits it. The game of football was not intended for the benefit of any one man, and such a thing will do him and the game little good in the end.

Let us get back to our kicker.

The ball has gone out of bounds in this kick above described at the 2 or 3 yard line (the coffin corner), and the defending team is immediately in a serious hole. It is no longer an offensive team. It is a desperately defending one. The chances are against it. What are these chances? I will name a few of them.

# Seriously Speaking—
# METATARSALGIA
## Is of Vital Importance




**"The care of the feet is perhaps one of the most important factors for successful athletic competition." "It is the duty of the coach * * * to see that when participating in athletics they (the athletes) wear shoes that fit the feet properly * * * and do not constrict the blood vessels or cause pressure on the nerves." We quote Drs. G. G. Deaver and J. S. Coulter whose article on Metatarsalgia appears on page 34 of this magazine.**

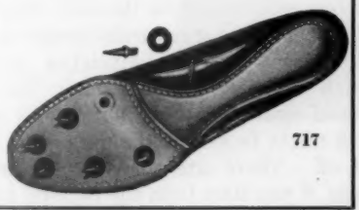
**It means simply this—that scientific minds recognize the value of correct track shoes that will not cause Metatarsalgia. Correct track shoes are essential to maximum performance!**

**No. 1. The Dorsalis Pedis Artery.**
**No. 2. The Cuneiforms.**
**No. 3. Highest point to which shoes lace.**
**No. 4. Snug fitting cupped heel.**

**Swollen, tender or painful feet are the first evidence of Metatarsalgia. Shoes that lace tightly over the cuneiforms are largely responsible. They compress the Dorsalis Pedis artery, impeding circulation and deadening the nerve reaction.**

**WITCH-ELK scientific track shoes cannot do these things. They lace below the cuneiforms and consequently cannot impede circulation or deaden nerve reaction. WITCH-ELK track shoes avoid Metatarsalgia in the truly scientific manner —by removing the cause!**

**WITCH-ELK track shoes are non-stretch which means that they maintain their snug fit and stay on the feet without the aid of tape or mechanical appliances of any type. Correct in every detail! WITCH-ELK track shoes stand as a criterion of scientific perfection.**

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**No. 717—Same as 702 except detachable spikes.**
**No. 700—Flawless yellowback kangaroo, hand turned, non-stretch track shoe. The lightest featherweight made. Guaranteed hand forged spikes.**
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A. A punter being behind or near his goal is under a big mental hazard and if not properly grounded in the fundamentals is likely to blow up. The effect on him in such a case is almost identical to that of the water hazard in golf. If he does get a return punt away, it is likely to be short, or, if not, it will undoubtedly be run back to some point between the 35 and 15 yard lines, leaving his team still in danger and under pressure.

B. An attempted return punt is more easily blocked and is certain to be hurried.

C. If the defensive team does not kick, the following are likely to occur:
   1. A fumble may be committed, which is very dangerous near the goal.
   2. A safety may be forced.
   3. The center may pass wildly, as even the best centers sometimes have done under critical conditions.
   4. A pass may be intercepted, if attempted.
   5. A penalty may be declared against the defensive team.
   6. Furthermore, a punter if he is forced to kick well behind his goal line is subject to the danger of an automatic safety, which occurs if he unintentionally touches or steps over the end zone while kicking.
   7. It is more the rule than the exception that any break that happens in this territory is against the team under pressure.

If the defending team is lucky enough to get temporarily out of this hole, it is merely postponing the difficulty, unless the other, accurately kicking team foolishly gives up its kicking offense. Sooner or later the kicking team can start a scoring offense within a reasonable distance of the goal.

There are a great many other details and factors of spot kicking that would take me more time to go into than space permits. Such factors are balance, timing, eye on the ball, follow-through and mental hazards. I could discuss at great length the differences of balance, the reason why goals from the field and placement kicks are generally missed to the left; why the right-footed person naturally strays to the right when lost; the mysteries of the human organs of equilibrium; the effects of split vision on the kicker. And much might be said of the need for a spot kick-off. There are many very simple things, if you start from the bottom, which appear complicated to many coaches who start their punters from the top.

In conclusion, I want to say that this interesting spare time hobby has brought to me more pleasure than if I were a champion golfer, because it has enabled me to meet many a young man and his coach, whom I never would have had the pleasure of meeting otherwise, it gives me satisfaction to know that these wonderful boys and this great game are safe in the hands of such men as the American football coaches. If the Duke of Wellington was right when he attributed England's safety and success on the Battlefield of Waterloo to English football, no one need worry about this country's future.

I want to take this closing opportunity to pay tribute to some mighty fine coaches, gentlemen and sportsmen I have been privileged to meet and aid. I refer particularly to Major Sasse of West Point, Harvey Harmon of Pennsylvania, Lloyd Jordan of Amherst, Andy Kerr of Colgate, Norman Shepard of Randolph-Macon College of Virginia, Dr. Harold Parker of the College of the City of New York, one of my old boys who has done wonders with little material, and Lou Little of Columbia, besides many others.

I also want to pay particular tribute to those kicking coaches whom I have met in this pleasurable work of mine. I mention them particularly because in some of these cases I have been given much credit which is really due to them. I want to take this opportunity to see that credit is given where it is due. I particularly refer to Lieutenant Wood of West Point, Paul Scull of Pennsylvania, Herbert Kopf of Columbia and Bernard Bienstock of City College, the first two being very famous kickers in their own right in their playing days. There is one kicking coach to whom the game owes a considerable debt and who is loved by all who have known him and have come under his influence; a man who from year to year has turned out outstanding kickers and track men. I refer to that fine character of sport, that grand old man of Princeton, Michigan and Yale: Keene Fitzpatrick.

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# The American Physical Education Association Convention

Louisville, Kentucky, April 26-29, 1933

*Tuesday, April 25th*

Preconvention Visitations and Meetings.
1. Visit to public schools and other educational institutions;
2. Program of the Woman's Division, N. A. A. F.; Underlying Principles of Athletics for Girls.

*Wednesday, April 26th*
1. Visitation of schools.
2. Observation of health teaching in the first six grades.
3. Luncheon and afternoon meeting of the Society of State Directors of Health and Physical Education.
4. Meetings of Research, Dance, and Women's Athletic Sections.
5. General Session. Presentation Honor Awards, Reception and Dancing.

*Thursday, April 27th*
1. The President's Breakfast.
2. Meetings of Camping, Teacher Training, Therapeutic, Health Education, Men's Athletics, Women's Athletics, Research, Dance and Recreation Sections.
3. General Session.
4. Banquet.

*Friday, April 28th*
1. Meetings of Women's Athletics, Physical Education for College Men, Therapeutics, Camping, Public School, Research and Dance Sections.
2. General Session.
3. Burgoo (Barbecue) 5 to 9 P. M.

*Saturday, April 29th*
1. Moving pictures.
2. Panel Discussion.
3. Races at Churchill Downs in the Afternoon.

*Speakers Arranged For*

Professor Hugo Bezdek, Penn State.

Professor David K. Brace, University of Texas.

Miss Ruby Brock, University of Cincinnati.

Miss Mary K. Browne, Cleveland.

Dr. E. R. Carlson, Neurological Institute, New York.

Professor Gertrude K. Colby, Teachers College.

Professor Mary Channing Coleman, North Carolina College for Women.

Professor Ruth Glassow, University of Wisconsin.

Professor Mary E. Gross, University of Washington.

Professor Katherine Hershey, Ohio State.

Dr. LeRoy W. Hubbard, Warm Springs Foundation.

Dr. Allen G. Ireland, New Jersey.

Dr. Charles I. Lambert, Columbia University.

Miss Jean Latimer, Massachusetts Tuberculosis Association

Alfred Livingstone, Eastside High School, Paterson, New Jersey.

Professor Frank S. Lloyd, New York University.

Coach Dan McGugin, Vanderbilt University.

Director C. M. Miles, Florida.

Dr. F. W. Maroney, Teachers' College.

Miss Ellen Mosbec, Pekin, Illinois.

Director N. P. Neilson, California.

Professor D. Obertauffer, Ohio State.

Professor F. L. Oktavec, Detroit City College.

President G. Bromley Oxnam, DePauw University.

*(Continued on page 32)*

# *Spalding Announces*

## A *Discus* THAT DOESN'T CHIP ON HARD GROUND

DOWN goes the overhead on training this spring!

For Spalding has developed a rubber discus which "gives" sufficiently on landing to prevent chipping or breaking—even on hard or frozen ground!

This new discus is regulation in weight and measurement—and will last about as long as you have men to practice with it.

Another advantage is that in cold weather the rubber is more comfortable to the naked hand than steel. Wholesale price $3.00.

## AND . . . A *Javelin* THAT DOESN'T BREAK ITSELF . . . OR THE BUDGET

MOST track coaches are well acquainted with the broken javelin menace. That's why they'll welcome this new Spalding Steel-shafted Javelin which is practically indestructible.

Its detachable all-steel shaft is harder to break than an Olympic record. However, if a new shaft is ever desired, it is only the work of a minute to replace the old. The shaft is finished with a hickory pyratone covering.

This javelin is regulation in weight and measurement. And it will help bring your practice expense to a new low this year. Wholesale price $4.50.

*This illustration shows how firmly and safely the head is attached to the shaft. A quick pull and the javelin is apart. As simple and as easy as taking apart a fishing rod . . . Write for Spalding's special School and College Catalogue.* © 1933, A. G. S. & BROS

*A. G. Spalding & Bros.*

# Handling the Team During the Tournament

*(Continued from page 16)*

the squad for the common cause. It cannot be handed to a group through high pressure oratory or caustic criticism, but rather through mutual respect and confidence.

As tournament time approaches, hard work should be discontinued and even short vacations should be given. If the tournament is to be played away from home, the time between games must be filled with activities to entertain the boys, such as sightseeing tours, shows and short hikes. Time should be allowed for a rest period just before the meal preceding the game. Excitement should be avoided, as it is exhausting. Meals should be closely supervised as boys have a tendency to overeat in restaurants. It is probably better that they do not attend games played by future opponents, as it is easy for them to acquire false impressions of their own and their opponents' strength.

In brief, the tournament team must be developed through the whole season. Elaborate preparations at the last minute are useless and in some ways detrimental. Excitement and unnatural conditions should be avoided, as the players cannot perform their best unless they enter the game with an attitude of coolness.

## Training Hints for the Tournament

*By E. B. Weaver*

**Topeka, Kansas, High School**

IN ten years I have taken ten teams to the state tournament. I have learned that probably the biggest factor in winning a tournament is that the team must not be overworked before the tournament begins. I have always allowed my players to rest the week following the regional or district meet, with no practice at all, especially if they have been successful in staying in until the finals.

The week following the regional or sectional meet, we do not practice, as these tournaments usually end on Saturday night and the state meet begins on the following Thursday. By Thursday the boys are rested up and have gained back some reserve strength. They start in the state tournament feeling "peppy" and ready to go.

During the state tournament play, we never try to run up a big score. A big score would make the other team lay for us and our own team would be very likely to feel that it is better than it really is. The two elements combined against our team would usually result disastrously in the next game.

Interchanging of players is very important. I rest the regulars as much as possible—save them until I am forced to use them to win. I always start my best line-up and change players just as soon as possible, usually changing one player at a time.

It is well to avoid overfeeding the boys, and to see to it that proper elimination is taking place. Rest and sleep are very essential. When the boys are not playing,

*E. B. Weaver*

they should be resting. They should watch the other teams play very little, if any. The best place to rest is in bed. The boys must save as much of their strength and energy as possible for future use.

The final games of a tournament are many times won by the players who have rested and saved themselves, and who are ready to go when the going is difficult.

## Rest and Food in the Tournament

*By William A. Hanscom*

**Presque Isle, Maine, High School**

MARCH, the month of basketball tournaments, is here. High school teams in every state will soon be seeking the title of champion. I have been fortunate the past two years in having played in sectional and state tournaments with success. The following facts I have found useful in tournament games.

One of the most important items is rest. In most tournaments it is necessary to play three or four games on successive days, and that means that boys of high school age must get plenty of rest. It is necessary, since the team is quartered at a college or hotel, for the coach to see that all orders are obeyed. It is very unwise to leave the manager to see that instructions are carried out. The players should be in bed by ten and up by seven-thirty. After breakfast a brisk walk will help much to limber up the boys and get them ready for the coming game. If the team is playing in the afternoon, dinner should be eaten about three hours beforehand. After dinner the players should sit down and rest until ready to dress for the game. If the team should be playing after supper, it would be well to have them see some of the afternoon games to get an idea of how teams perform on the floor, and observe opponents' style of play. I do not agree with some coaches on the point of sending the players to bed for a couple of hours before the game. I think that players will get as much rest by sitting down and talking, as by going to bed. I have found that players going to bed seldom sleep and are apt to think of the game. They get up feeling tired or mind weary. A slow thinking team will never get very far in tournament play.

Food is another important item that must be considered. For breakfast, cereal, eggs, bacon and milk should be sufficient. If an afternoon game is scheduled, dinner should be eaten about three hours before game time. This gives the stomach plenty of time to perform its work. The blood will flow to the tissues during the game and will not be needed at the stomach.

The kind of food that may be eaten varies a great deal. Some coaches believe one thing, and some another. A great deal should be left to the player in this case; that is, he may choose from among several foods that the coach recommends. He should know whether he can play better on a small steak than he can on eggs and toast. In the majority of cases I have found that the steak has the more reserve strength and stays with a player longer than anything else. Of course, along with this steak may go a potato, a vegetable and fruit. No pastry should be eaten.

In closing, I would say that the regular habits that have made a whole season successful should be followed as closely as possible. This will help greatly to keep the team confidence at its highest point, the place it must necessarily be to win a tournament.

## The American Physical Education Convention

*(Continued from page 30)*

Miss Charlotte Phillippi, Lotspeich School.

Professor Emil Rath, Normal College.

Superintendent James H. Richmond, Kentucky.

Mr. Philip Rounsevelle, New York City.

Professor Harry A. Scott, The Rice Institute.

Miss Fannie Shaw, University of Florida.

Mr. A. A. Stagg, Chicago.

Professor Fielding H. Yost, Michigan.

Miss Jane Woodruff, University of Oregon.

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Numbers can be easily inserted or readily changed.

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That white spot is the trade mark of quality and scientifically correct construction.

See the VANDER-BILT line before purchasing your fall requirements.

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Comes in genuine blueback or yellowback kangaroo uppers as desired. Straight sole, detachable cleat model. Moulded sole leather counters. Hard or soft toe. An exceptionally durable shoe.

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The lightest, fastest featherweight football shoe made! Strictly a game shoe. Genuine yellowback kangaroo uppers. Concave detachable game cleats. Moulded leather counters. Soft toe. Very flexible and snug fitting. The ideal shoe for fast backs and ends.

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# Physical Medicine Applied to Hematoma Auris and Anterior Metatarsalgia

*G. G. Deaver, M. D., B. P. E.*
Y. M. C. A. College, Chicago
and
*J. S. Coulter, M. D., D. T. M., F. A. C. S.*
Department of Physical Therapy
Northwestern University
Chicago

THE two conditions which are discussed in this article are HEMATOMA AURIS (hema—*blood,* oma—*tumor,* auris—*ear),* a blood tumor of the ear, commonly called a "cauliflower ear," and ANTERIOR METATARSALGIA (anterior—*front,* meta—*after,* tarsal—*bones of foot forming the instep,* algia—*pain),* or pain in the bones of the front part of the foot which form the instep, commonly called a "fallen transverse arch." These two conditions have been chosen for discussion because of the prevalence of the former among boxers and wrestlers and of the latter among track and basketball men, and because permanent deformities may result if correct treatment is not given.

## HEMATOMA AURIS ("Cauliflower Ear")

HEMATOMA AURIS, or "cauliflower ear," is familiar to every person who has had any experience with boxers and wrestlers. And the condition was apparently more or less common at least as far back in history as the time of the Roman Empire, for a fine antique bronze statue of a Roman boxer, discovered in Rome in 1885, displays a "cauliflower ear." It is surprising that a condition prevalent for so many generations should be so little understood by the average athlete and trainer of today. From time to time athletic literature contains articles on this condition and outlines methods of treatment which in most cases are very good, but the reasons for the treatment are not given. In order to treat any condition correctly, knowledge of the cause which produced it is necessary.

CAUSE AND RESULT. This condition is most frequently caused by a blow on the external ear: as there is little fatty tissue between the skin and the cartilage of the ear, the blood vessels of the ear are not well protected and therefore are easily injured. Often when the ear receives a sharp blow, as from the glove or the head of an opponent in boxing, the blood vessels are ruptured and the blood flows between the skin and the cartilage. The cartilage depends upon the overlying skin for nutrition. When the effusion of blood separates the cartilage from the skin which is its source of nourishment, that part of the cartilage undergoes necrosis. As healing takes place, the blood becomes organized and the cartilage contracts, forming an irregular, shrunken mass, commonly called a "cauliflower ear."

TREATMENT. The purpose of the treatment is to keep the skin in contact with the cartilage, in order that the latter may not be deprived of nourishment. Ice packs or cold applications should be applied immediately after the injury and a compression bandage placed over the ear, in an endeavor to prevent hemorrhage.

If there is a small blood tumor noted after several hours of this form of treatment, it means that the treatment did not prevent hemorrhage, and it is best to discontinue the use of cold applications. As any renewal of this form of treatment tends to renew the bleeding and retard the absorption of the fluid, a compression bandage may still be advisable.

If, after two or three days, the ear is still painful and the tumor-like mass has increased in size, the fluid should be drained from the area by means of a hypodermic syringe and the compression bandage replaced. If another tumor-like mass forms, the operation must be repeated, for the skin must lie upon the cartilage in order to furnish sufficient nourishment to maintain the contour of the ear. If, after the blood tumor has been drained several times, it still continues to refill, the skin must be incised and the incision packed with iodoform gauze. It is advisable to have a physician drain the effusion and incise the ear. If this condition is not properly treated, the blood becomes hard, new tissue is formed which contracts and causes the normal markings of the ear to be obliterated and replaced by a wrinkled surface—known as a "cauliflower ear."

## ANTERIOR METATARSALGIA (Fallen Transverse Arch)

THE care of the feet is perhaps one of the most important factors for successful athletic competition. There are some conditions of the feet which may not incapacitate one for strenuous athletics but when changes occur in the position and shape of the bones of the feet, one may expect a certain amount of abnormal functioning which will affect movement. There is a large amount of literature about foot conditions and the authors of the articles range from prominent orthopedic surgeons to shoe salesmen. "Flat foot," "fallen arches," "splay foot," "broken arches," and similar terms have been used to describe so many painful foot conditions that one becomes confused in trying to make a diagnosis. In this article an attempt will be made to present the facts concerning a certain static deformity of the foot called anterior metatarsalgia.

### *Anatomical Consideration* [1]

A knowledge of the anatomy of the foot is necessary to an understanding of the facts presented later in this article. The purpose of the foot is (1) to bear the weight of the body and (2) to propel the body. The bones of the foot are so arranged as to form a half dome on the inner surface; when the two feet are placed together they form an elliptical shaped dome. The bones on the outer side of the two feet rest on the ground around the dome. If the body weight is carried properly, it rests on the outer edge of this dome. If the body weight falls inward, as a result of improper walking, weakness of muscles, etc., it has a tendency to flatten out this dome or arch, which twists the joint, stretches the ligaments, and compresses the bones. The result is often pain and difficulty in active movements. This is what usually is termed a falling of the *longitudinal* arch.

Across the front of the foot, just behind

[1] Jones, R., and Lovett, R. W., Orthopedic Surgery. Wm. Wood & Co., 1924.

# *No young upstarts ...these hickory bats!*

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the toes, there is formed by the heads of the metatarsal bones what is known as the *transverse* arch.

The chief function of the metatarsal regions is to supply stability in walking and running, to give spring and elasticity to the step, and to prevent jarring of the spine and the nervous system. The transverse arch is highest near the middle of the foot and gradually lowers toward the metatarsal bones. The transverse arch and the longitudinal arch are not separate structures but integral parts of one structure and abnormalities in one arch affect the proper functioning of the other. Athletes seem to suffer more from changes in the transverse arch than from changes in the longitudinal arch.

### *Diagnostic Consideration*

Metatarsalgia is a condition occurring in the metatarsal bones of the feet, usually accompanied by pain. In this condition one or more of the heads of the metatarsal bones have fallen from their position in the transverse arch. In some cases these fallen bones compress the nerves of the feet and cause severe pain. This condition was first described by Dr. Morton, in 1886, and it is therefore often called Morton's disease.

It is important to keep clearly in mind that the *name* metatarsalgia means "pain in the metatarsals" but the *disease* refers to changes in the transverse arch. Track men often complain of pain in this region; on examining the feet, one finds them swollen and tender to pressure. This is not what is commonly considered as metatarsalgia, but is perhaps due to shoes which have been laced too tight or have been improperly fitted. "Pain in the foot which is caused by a strain of the ligaments which bind the metatarsal bones is not serious and may be due to tight shoes." [2] When one realizes that the transverse arch is highest near the midportion and slopes down toward the toes, one can realize the necessity of preventing pressure on nerves, tendons, and blood vessels by constriction due to tight lacing of the shoes.

INSPECTION. On examining the foot of a person who complains of a burning pain in the region of the transverse arch, the following conditions may be found.

1. Calluses along the transverse arch under the bones which have dropped. Walking produces more pressure on the heads of the fallen bones than on the other bones of the arch and the increased pressure and friction produce a protective callus.
2. A flattening of the top of the affected foot. In many cases there is a distinct hollow or dishing of the anterior surface of the foot just back of the toes. This is due to the lowering of the bones in the arch.

CAUSES. There is usually some definite mechanical factor which produces this condition. Some of the causes are:

1. Shoes which are too short, which have a tendency to cramp the toes and interfere with the normal flexion of the toes and thus to depress the anterior arch.
2. High heel shoes, which have a tendency to shorten the Achilles tendon and cause undue pressure on the transverse arch.
3. Walking with the feet abducted and everted, causing disturbances in the heads of the metatarsal bones.
4. Running on the balls of the feet before undergoing sufficient training to render the muscles and ligaments strong enough to stand the strain.
5. General weakness of the muscles of the feet after a long illness or paralysis which may cause changes in the arches of the feet.

DIAGNOSIS. The diagnosis of anterior metatarsalgia is usually based on:

1. Calluses on the ball of the foot.
2. Depression of that region on the anterior side of the foot at the base of the toes.
3. Pain in the region of the heads of the metatarsal bones, sensitiveness and tenderness on pressure.
4. Shoes with curled-up soles—"rocker shoes."

### *Treatment*

The purpose of treatment is to endeavor to raise the heads of the metatarsal bones and thus relieve pressure on the nerves of the foot and on the tender area of the ball of the foot.

REST. This condition can best be helped by rest and by relief from weight bearing. The amount and kind of rest depends on the severity of the pain.

SHOES. A high shoe, with a straight last and a medium-width rigid shank, is preferable. The fitting of the shoes is an important part of the treatment. Many of the large shoe stores have a man who is familiar with this condition and who knows the type of shoes best suited for it. Every trainer and coach should find the shoe expert who can supply the proper type of shoes for this condition and then send his men with such foot trouble to this man.

SUPPORT. Some support is necessary to raise the heads of the metatarsal bones. In some cases it is desirable to build this support in the shoe, while in other cases it may be better to apply a pad directly to the foot and hold the pad in place with adhesive tape.

If the support is placed in the shoe, various methods may be tried. Lovett [3] states "a bar of leather may be placed across the foot under the tread well behind the heads of the metatarsal." It is better to first try placing a pad of piano felt about one inch wide and one-fourth of an inch thick just back of the heads of the metatarsal bones, fixing it securely with a two-inch adhesive strip which is secured on the anterior surface of the foot but does not meet. If this method proves satisfactory, a properly shaped felt pad should be constructed and glued in the shoe, or the metatarsal bar may be placed in the sole of the shoe.

MASSAGE. "Free manipulation is called for, and especially of the first tarso-metatarsal joint. Then every attempt should be made to secure relaxation by means of massage of any muscles that may have a tendency to spasmodic contraction. Massage should also be used for the sake of nutrition, and as an assistance to exercises, being 'spaced' between them if necessary. General kneading of the foot undoubtedly helps in the somewhat mysterious process of 'softening up' the foot, though the scientific description of what actually takes place is difficult. It is probable that the skin and sub-cutaneous tissues derive increased nutrition and elasticity therefrom, that the plantar fascia becomes more elastic, and that the short muscles not only regain their elasticity but also benefit by the revival of the power of spontaneous action, both as regards contraction and relaxation. Cupping the sole is also of great service." [4]

EXERCISE. The best method of remedial treatment is the use of special exercises. The purpose of the exercises is to strengthen the flexors of the toes so they may assist in holding the heads of the metatarsal bones in position. The best exercises are the clawing or ground-gripping movements of the toes. A series of exercises which will be found valuable are as follows:

A. Have the individual sit on a chair with his feet resting lightly on the floor.
   1. Spread a large towel on the floor with the narrow edge facing the patient. Have the patient place his feet on the towel and flex and relax his toes until all the towel is under his feet.
   2. Place marbles of various sizes on a rug and have the patient pick them up with his toes and place them in a box.
   3. Have the patient try the same exercise with golf balls and pencils.

B. Have the individual walk up and down a ladder with his feet bare, stepping so that the pressure of the rungs of the ladder is across the transverse arch.

C. Put on the floor, in front of a chair, a board into which have been screwed two wooden door-stops—six inches apart. Have the patient sit on the chair, place his feet on the door-stops in such a way that pressure is exerted just behind the metatarsal

[2] Camp, W., Training for Sports. Chas. Scribner's Sons, 1926.

[3] Lovett, *op. cit.*, p. 626.

[4] Mennell, J. B., *Massage*. P. Blakiston's Son & Co., 1920.

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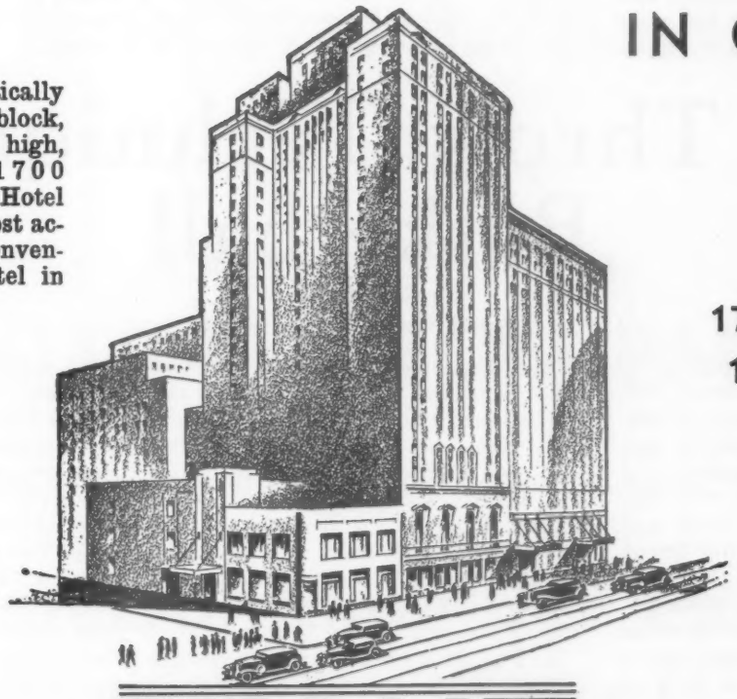

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bones and forcibly push his toes down in a curled position and then relax them slowly.

These exercises should be performed at least twice a day—five to ten times at first, with a gradual increase in the number of times.

HYDROTHERAPY. The exercise which involves picking up marbles is useful in combination with hydrotherapy. Have the patient sit on a chair on one side of which is a receptacle containing hot water and on the other side a receptacle containing cold water. Put the marbles in the hot water and have the patient pick them up one by one and place them in the cold water; then have him repeat the exercise, transferring the marbles from the cold water to the hot water.

The heat dilates the blood vessels and allows the blood to flow into the vessels of the feet, while the cold constricts the vessels and forces the blood from the feet. This increases the nutrition to the part and the tonicity of the muscles.

### *Conclusion*

The cure of anterior metatarsalgia requires the use of the treatment outlined over a long period of time. The failure to cure most of these cases is due to the lack of persistence on the part of the patient in performing the assigned tasks day after day. During his athletic days this condition may not seem of much importance to the individual, but it becomes a most painful and disabling condition in later years. It is the duty of the coach to impress this fact on his men and to see that when participating in athletics they wear shoes which fit the feet properly, support the arches, allow room for flexion of the toes and do not constrict the blood vessels or cause pressure on the nerves.

# Free Throw Technique in Basketball

*By Blair Gullion*
**Basketball Coach, Earlham College**

EVERY coach in arranging a practice schedule is confronted with the problem of free throwing drill. The amount of time to be spent in perfecting this important fundamental and the methods of teaching this shot vary greatly with the individual coach and player. That the shooting of free throws is important is an accepted fact, but the fact that successful free throws constitute from one-fourth to one-third of the points scored by the average team is surprising to many coaches. A check-up of box scores of a number of games offers this startling proof. How many coaches allot this proportion of their total time on offense to the teaching of proper methods for successful free throwing?

Is there a best shot or a form shot for free throwing? Some coaches believe that the natural shot of the player is most satisfactory and that the time consumed in teaching another way is unnecessarily spent; other coaches believe that there is a best way and most of these teach the underhand lift shot. This is the type of shot to be discussed in this article.

This shot is recommended, as it seems to offer the most natural method of shooting for the basket when unguarded. The overhand shot is in general favor as a floor shot because of the difficulty experienced in guarding against it. The player using it may also get more shots.

The technique of the underhand lift shot may be divided into several parts, which are discussed below.

### *Details of Technique*

I. THE APPROACH TO THE LINE—The player who has been fouled should approach the line slowly, taking sufficient time to recover from any of the ill effects of the foul and to allow for a body adjustment to counteract the element of fatigue. When he reaches the line and is given the ball by the official, he should take his position. There are three positions for the feet: parallel, with the toes close to the line; uneven, with the right foot ahead; uneven, with the left foot ahead. The player should experiment at first to find the most comfortable stance, but in any case he should have the feet well spread to avoid swaying or poor balance.

II. THE POSITION OF THE BALL IN THE HANDS—This is a part of the technique many coaches overlook, but which adds a lot to successful free throwing. Every player can find some certain place on the ball where he may place his hands in relation to the valve or the lace or the seams that will give him confidence and a more comfortable "feel." This has a double value in also slowing him in his anxiety to shoot and in preventing his shooting too hurriedly. The ball should be held on the tips of the fingers rather loosely, but firmly enough to prevent slipping. The player should be able to hold the ball toward a window and see daylight at all points except on the finger tips. The hands should hold the ball on the sides and slightly to the top. They should not hold the ball underneath. The fingers should be spread comfortably, and the finger tip control should be emphasized.

III. THE PRELIMINARY WIND-UP—Most coaches emphasize the use of a preliminary action or a wind-up. This consists of taking a deep breath just before the start of the crouch. They claim that this aids the body adjustment and helps to counteract the fatigue element, making for better muscular co-ordination. Some advocate holding the breath until after the shot is made. There is no doubt some psychology in any of these features inasmuch as they add to the confidence of certain players. They relieve the nervous tension induced in some players by the common practice of players and spectators remaining silent during the shot, and by the responsibility added to the individual effort in this phase of the game.

IV. THE CROUCH—The crouch or "coil" is one of the most important parts of the shot, as it is the most difficult to mold into a habit. It is also responsible for most of the errors of distance and direction (next to the fatigue element), as an improper or cramped crouch works against good muscular co-ordination.

The hips and knees should be dropped comfortably, this action pulling the shoulders or entire torso down with the knees and hips. The ball should be held about the height of the crotch throughout the downward movement of the crouch. The entire downward action should be in a vertical plane. At the bottom of the crouch there is a slight pause before the "uncoiling" begins. As the knees and hips are raised, the arms "lift" the ball into the basket with a swing that is in rhythm with the lift of the body. The wrists are given a slight cut to get a little turn or English on the ball. Very little rotation is needed, but a turn or two will aid in keeping the ball in a straight path. This turn is always toward the shooter. As this shot is in no danger of being blocked, as is a floor shot, there is no need for a high arch, and most coaches teach their players to lay the ball over the front rim. The player should keep his eyes on the front rim of the basket.

V. THE FOLLOW-THROUGH—The follow-through is important in that it allows for a complete relaxation of all of the muscles involved, prevents any jerky action and allows the whole action to be

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rhythmic in nature. The player should not exaggerate the follow-through, but allow it to be a natural part of the shot. The shooter may come to his toes on the follow-through, but the shot proper is made with the feet flat on the floor. Coming to the toes too early is responsible for front and back sway and contributes to errors of distance.

### *Common Errors*

Below are listed some of the common errors in free throwing:

1. Windmilling or extending the elbows too far outside the body.
2. Palming the ball or not holding it on the tips of the fingers.
3. Placing the hands too far underneath the ball.
4. Direction errors or too much force with one hand.
5. Poor balance.
6. Distance errors (generally caused by poor balance or fatigue).
7. Too little or too much crouch.
8. Jerkiness or lack of rhythm in the action of the shot.
9. Inconsistency in shooting form or changing form on shots.
10. Carelessness.
11. Shooting too fast.
12. Failure to relax.

In order to keep the players interested in free throwing a variation of drills should be used. Many coaches insist that a set number of throws be practiced each day and a record kept of them. This is satisfactory for pre-season drill when the purpose is to obtain the proper habits of form, but does not work so well later in the year when the men tire or go stale on this fundamental.

The writer has been guided by two rules in free throwing. Pre-season drill should be of the habit forming type in which a great number of attempts are made while maintaining the position on the line. No detailed record is kept of success or failure, and all stress is placed on form. When this has been attained to a reasonable degree, drills are introduced to offer game or playing situations. A very satisfactory drill consists of dividing the squad into two teams, having players of each team alternate shooting until a set total of successful shots has been made. This adds the stress of game throwing and may be made more difficult by allowing the opponents to sway or move along the lane. When wind sprints are used as a conditioning device, they may well be followed by a period of free throwing. This is especially valuable in teaching men to allow for the fatigue element. During scrimmage, all fouls should be called and the free throw taken. Many coaches designate the fouls but, in their effort to speed up play in practice, do not have players shoot them. These men are eliminating the best free throwing practice from their schedule. Players may be stopped occasionally during drill on fundamentals for free throw shooting.

### *Practice Suggestions*

Some hints on free throwing follow:

1. Be relaxed throughout the whole motion.
2. Don't hurry to the foul line—take your time and get the benefit of the rest and the opportunity to relax.
3. Always use your best form in practice and never "clown" shots.
4. *Always be confident of your free throwing ability.* Make your opportunity mean another point on the score board.
5. Try shooting ten free throws each night with your eyes closed to check on how well you have established your habits.
6. Don't toe in or out in your position on the line.
7. Have your feet flat on the floor when the ball is released; come to your toes on the follow-through.
8. Hold the ball lightly on your finger tips.
9. Have your feet spread in a comfortable position.
10. If badly fatigued, be a little more deliberate; increase your arch slightly.
11. Be sure of the position of your feet and that you are back of the line before setting the ball in your hands.
12. If you feel uncomfortable on the line, step back and take your stance over again.
13. Take pride in shooting free throws. A good shooter will make more than 65 per cent of his throws.
14. If the first of multiple throws is missed, leave the line and take the position for the second shot over. If the first is made, keep that position for the second shot.
15. Find the most comfortable position to hold the ball, and set it this way every time.
16. Keep your eye on the front rim of the basket.
17. Make your practice during the season under game conditions.

Successful free throwing may be analyzed as the result of long and consistent practice of the proper fundamentals until the execution of these fundamentals becomes a motor-reflex or habit.

# New Basketball Officiating

*By William Terry Osborne, B.P.E., M.A.*
Director, Department of Physical Education
Acadia University, Wolfville, Nova Scotia

DURING the past three years we have been devoting some time to a change in the present method of handling basketball games. The purpose of this change is twofold: first, to make it possible for an official to see the play and players at all times without the possibility of having some one else pass between the play and the official; second, to make it possible for a referee to officiate a game without covering as much court as the players themselves, thereby increasing a good official's usefulness in number of games as well as in number of years of service.

In our plan, the referee is placed above and at one side of the playing floor where he can see the whole court. Here at Acadia we have a balcony and running track above and outside of the basketball court. A position at the side of the court in the front of the balcony was chosen for the referee. An assistant or umpire was placed on the court to toss up the balls and to award penalties.

The next move was to devise a system of communication between the referee above and the assistant on the floor that would be rapid, simple and understandable. At first we worked out a system of electric lights that were operated by small buttons like those on a typewriter, but this was too complicated for the umpire and the players on the floor.

Next we turned to a system of speaking into a microphone, amplifying the sound and throwing it down upon the floor through a group of loud speakers. These loud speakers were placed so that there were no hollow areas on the playing court.

We have now tried this out in approximately fifty games in the interclass league and have found that it is working quite satisfactorily. It has taken new referees a few games to become used to pushing an electric button with the finger instead of blowing a whistle. The first time a referee tries this type of officiating, he finds himself blowing into the microphone to stop the game instead of pushing the button, but it takes him only a short time before he is stopping the play, and telling the teams and umpire what to do as quickly as he could when following the play on the floor with a whistle in his mouth.

The work is being continued on this and similar devices here at Acadia, and we expect that it will be only a short time before it will be possible to adopt this in the larger games. It is an easy matter to arrange a stand for the referee above and at the side of the court.

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# PRACTICAL BASKETBALL

*By* **WARD L. (Piggie) LAMBERT**

Head Basketball Coach, Purdue University

▼

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# Developing the High School Track Squad

## Correcting Foot Action in High School Sprinters

*By Sigurd J. Ode*
**Maddock, North Dakota, High School**

IDEAL form in sprinting will never be attained by the athlete until he has carefully and conscientiously striven to improve every factor that drives him forward to victory. Every runner knows the fundamentals of orthodox arm and leg action, poise and balance, body lean and proper start. However, there are many theoretical technicalities in the art of sprinting that may be overlooked by the novice.

The point I am going to bring out in this article is that, if a sprinter is to be successful, he must at the end of each stride land properly and accurately on the ball of the foot, thereby giving him elasticity for his next rapid stride.

In the past few years I have acted as starter at various meets and have had occasion to watch the runners from the rear as they left their marks and raced down their lanes to the tape. The individual who invariably won was he who was landing squarely on the balls of his feet and whose toes pointed directly toward the finish line. Those unfortunates who were spread-running or running with toes pointing inwards finished in the "also ran" division.

Some coaches will advocate the spread-run to a modified degree, which is permissible when the athlete has legs of the very muscular type. Yet there is never any excuse for the pigeon-toed stride. One may easily see the power that is lost in this stride, and the losing of the equilibrium which is so vital to the runner.

The question arises, How may we break the guilty one of the pigeon-toed or spread-run habit? During the season of preliminary training, take the lane marker and make two lines about one hundred or more yards long and two feet apart. After the athlete who is pigeon-toed has had a good warm-up, have him stride through this lane, touching each line with his toes as he strides along. In the case of the spread runner, use the lane marker, make but one line and have him turn his toes in. This practice must be done very carefully. It is interesting to watch the runners as they progress and perfect their strides and become in but a short while sprinters with well-nigh perfect foot action.

A word of warning in connection with this exercise should be given to anyone who is working on it. (Naturally, never let anyone try it who is not in need of it.) Be sure that the athlete has had a good warm-up before attempting it. At the first sign of soreness he should quit until all troublesome feelings have disappeared.

*Sigurd J. Ode*

*James Pelley*

## Developing Track and Field Athletics in the High School

*By James Pelley*
**Ritzville, Washington, High School**

BECAUSE every boy can run, thinks he can, or wishes that he could, track and field athletics naturally have a great appeal for high school athletes. Every type of athlete can find an event to fit his ability, whether his specialty is speed, strength or endurance.

Track athletes are being emphasized more and more because of the many advantages they have for the training of high school boys. A track program will entertain more boys than most any other activity. As many as twenty-five athletes can be carried on the first team, and the sport is easily adapted to the intramural scheme to care for unlimited numbers.

Another distinct advantage of track is economy. Very little equipment is needed for the activity as compared to the outlay necessary for other major sports. Many items such as hurdles, standards, the vaulting box and starting blocks may easily be made at school. The cost of a track uniform is less than the expense necessary to outfit any other athlete as shown by the following comparisons. The average football player wears approximately $24.00 worth of paraphernalia. It takes about $14.50 to dress a baseball player. A basketball player needs about $11.00 worth of clothes, while a track man can be well outfitted for $8.00.

Track athletes may easily be made self-supporting, given proper management. A track meet should be a very spectacular event, whereas it may become as listless as a game of chess, if allowed to take up a whole afternoon. People want to see action at an athletic contest on the part of officials as well as contestants. If our football games were sponsored as our track meets too often are, they would not be the money makers they now are.

A meet, properly arranged to be run off in two hours and with special care given to make the events interesting to spectators, will attract as much interest as any of our better patronized contests. Track meets need more color, more thrills and more pageantry. Football games would not be half the show they now are if all the embellishments were taken away. Such non-essentials as the pep band, col-

ored jerseys with numbers to identify contestants and the parade of the mascots are after all half of the show.

In staging a meet, the spectator should be considered. Everything should be made ready beforehand, including the arcs for the trials in the weight-throwing. After that no change should be made in the event to satisfy the athlete just because the wind has changed. The race should not be delayed to wait for the tired athlete who is entered in too many events. If a coach understands the show business, track will no longer have to be supported by football.

With our other co-operative team games, we need something to develop self-dependence, reliability, or responsibility, as it may be termed. Track is just the sport to add this missing ingredient to character development. When the sprinter takes his marks he knows that no one will help him run. Never will his inferior performance be overshadowed by the winnings of the conscientious team mate. No other sport exacts more self-sacrifice than the training for track. Clean living and track men are synonymous terms.

Neither does all this individual enterprise come at the expense of the co-operative spirit. The team is always first. When a meet is held the school is more important than the boy. The relay races, which will no doubt become a more important part of the program, are the finest examples we have in sport of co-operative effort.

### *Creating Interest*

In spite of what may be said about the natural interest which track holds for boys, it is not a combative activity and hence demands a little artificial motivation on the part of the coach. If the school has specialized in track and has had strong teams, the matter of creating interest is an easy one, for nothing compares with a history of athletic victories in making enthusiasm.

If the activity, however, has been neglected, it takes a lot of stimulation to revive interest. Every advertising channel must be utilized including the newspapers, pep assemblies and talks before the commercial club or chamber of commerce. A well kept bulletin board is indispensable. It may be made interesting with pictures of star performers and clippings regarding track activities. The ATHLETIC JOURNAL a year ago printed sets of pictures of all the honor athletes of 1931.

The greatest factor in creating interest is the making of the schedule. Too many schools expect their athletes to train diligently for ten weeks to compete only in one or two contests. Beginning with the interclass or home room meet, a track meet should be scheduled for every week during the season. This means, of course, that workouts during the week should be light


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| Athlete and Event | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| | A | | | | B |
| Telecky<br>440—220 | | | | | |
| Cady<br>Mile | | | | | |

***Chart for Track Practice***

**The chart may be as long as is convenient for the space and materials used. From A to B a strong cord is drawn and supported at each vertical line by brads. Adding machine paper is then hung double over the cord and secured at the bottom with thumb tacks or by a narrow strip. The spaces for the assignments should be about 4 inches x 4 inches.**

and that athletes should never be allowed to run themselves out except in competition. Neither can sensational marks be expected in early meets any more than one would expect championship form in the first basketball games of the season.

### *Individual Assignment Charts for Workouts*

The daily workout presents a real problem to the track coach. A device, original with me, which has proved valuable is the individual assignment chart for workouts. Its use enables me to conduct practices much more effectively and with greater satisfaction to myself and to the athletes. When posted, the chart is like the illustration.

Bristol board or beaver board may be used in the construction of the chart, or lines may be drawn with tempra on blackboards. In the latter case, slate pencils may be used for writing assignments. For writing the assignments I use three-inch rolls of white paper intended for adding machines. A roll will last the average squad a season, as the strips are put on double and then reversed. Assignments may be written in longhand or typed.

Sometimes I put the major part of the assignment on a week in advance, subject to change. Often the athletes write their own assignments with a little help. On some days for a special reason no assignment is given, but the workout is carefully recorded in the proper space afterward, thereby giving a complete record of every practice for every athlete from week to week.

I think any coach will recognize the merits of this plan. It insures the proper sort of workout each day for every boy. Athletes in high school know very little about what they need to do by way of practice and cannot plan their training without guidance. It is impossible for the coach to supervise each boy every day on the field and this is not necessary with written assignments for systematic individual workouts. The ambition of the athlete should not determine the assignment as it will if the boy is allowed to train as he sees fit. The lazy boys will loaf through the season while the ambitious ones become stale from overwork.

Body building exercises, wind sprints and other warming-up exercises should precede each practice without special assignment.

### *The Practice Period*

In conducting practices, the coach should strive to develop team spirit. He should keep the fellows together as much as possible. Frequent meetings on the field or in the dressing room are necessary to talk over general matters. Relay races are good to enliven practices. Leaders may choose the entire squad, shot putters and all, for a sprint relay. Games of tag early in the season played within the bounds of the athletic field are fun and provide plenty of exercise.

Sometimes before a meet when a light workout is needed, we even choose up for a game of kiddieball. This is a big event, when the captain's team plays the coach's team. Games of volley ball or medicine ball are good to climax early indoor workouts.

A cheerful disposition and an integrating personality are necessary for the encouragement and inspiration that the coach should give. A practice which does not provide the fellows with at least two good laughs is a failure.

### *Reports on Track by Athletes*

Recognizing that track, like any other sport is head work as well as foot work, we have collected a lot of material for a small track library and have encouraged the fellows to read. A plan I used last year with great success was to require each candidate for the team to write an extensive paper, treating the event in which he was interested. The boys were given an outline to follow and provided with material. I had expected some objections on the part of the boys but was surprised to find that every fellow enjoyed the study. They have assured me that it helped them greatly in their training, and they are anxious to supplement their papers this year.

The following instruction sheet which I put in the hands of the boys may contain usable suggestions.

REQUIREMENTS AND SUGGESTIONS:

1. Every fellow interested in making the track team is hereby notified to do the following assignment:

2. Write an extensive paper upon one or more events in which you are especially interested. If you intend to compete in more than one event you should write on at least two of them. If they are of similar nature, the second need not be treated so fully as the first.

3. Several reference books and magazines are available in the library. Read all the material you can find. Don't take all your information from one reference book. Consult the coach regarding conflicting statements which you find and apply for help whenever you need it.

4. It usually is best to do your reading and note taking before you begin to write.

5. Follow the outline carefully. You may add to the outline, but be sure to develop all the points that are listed.

6. You are free to use your initiative and originality in preparing the paper.

7. Papers must be done in ink and according to the accepted standards of composition.

8. In some cases it will be possible for you to substitute this assignment for regular written work in English or submit it for extra credit in English.

9. It is hoped that this study will prove helpful to you and that you will enjoy the study so much that it will not seem like too big a job.

10. Many champion athletes keep an up-to-date notebook which they always have with them on the field of competition. They make careful studies of the weaknesses and keep accurate records of performances and conditions under which they compete. This paper may serve as the beginning of such a notebook for you. Covers will be furnished to you later.

11. *All reports are due on Monday, April 10. No athlete will be entered in the Quadrangular Meet, April 16, whose paper is not in.*

FORM FOR REPORT:

1. Page one—fly sheet, blank.
2. Page two—table of contents.
3. Page three—body of report.

OUTLINE OF CONTENTS:

I. General summary of event to include: history, nature of event, requirements and type of athlete necessary.

II. Form required for good performance in event. (This is a very important part of the paper and should be given careful study and detailed discussion.)

III. How to perform in competition.
  A. If track event, tell:
    1. How to warm up properly.
    2. How to take a proper start.
    3. How to run the race against the various types of competition.
    4. Necessary mental attitude.
  B. If field event, tell:
    1. How to warm up.
    2. How to measure marks (for pole vault, high jump, javelin, broad jump, hurdles, discus, shot).
    3. Necessary mental attitude.

IV. Training schedule to include:
  1. Helpful exercises for event.
  2. Schedule of daily workouts for an entire season of ten weeks. (Have in mind the different phases of perfection that are being developed, for instance: speed, endurance, co-ordination, strength, timing of motion and development of habit. Take care to tell how to train to improve each weakness. In training for any race you have three distances over which to run: the over-distance for endurance, the under-distance for speed, and the exact distance of the race to develop habit, form and competitive spirit.)

V. Training rules.
  A. Tell what training habits must be observed. Plan sample menus for meals during training season and one for a meal directly preceding a meet. Tell what the athlete should do to care for himself during the twenty-four hours before a meet to be in the best condition and to be free from too much nervous excitement.

VI. Statement of rules for the event.
  A. Copy in detail—if for a track event, tell about passing, cutting in and penalties for fouling.

VII. At the end of the report save room for clippings and pictures pertaining to the event; also save blank pages for personal notes you will want to add later.

VIII. At the end of the report list all references used in writing the report according to the usual form.

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# The College Track and Field Honor Roll

*(Continued from page 14)*

competition, according to Coach von Elling.

The enthusiasm which has made Zaremba the most conscientious worker in practice turned in competition to an anxiety to make good. In football during the previous fall, the result of this anxiety had been a proclivity to charge off-side, which had relegated him to the second team. Settling down, Zaremba barely qualified in the I. C. A. A. A. A. Meet, but on the second day he threw 170 feet, 6⅝ inches, the best record made by a college undergraduate during 1932. In the Olympic Games, his fourth big competitive meet, he placed third with a throw of 167 feet.

Still a relative newcomer to the event, Zaremba combines fine speed in the circle with a terrific follow-up. In his second year of varsity football, he showed a new steadiness under fire and soon made the first team. Added experience in field events should give him finesse in timing, increased confidence, greater consistency and further distance in his throwing.

Grant McDougal of the University of Pennsylvania is ideally built for a hammer thrower. He is 6 feet 5 inches tall and weighs 220 pounds. He has an especially long reach that is invaluable to him in throwing the hammer. He uses two turns before he sends the hammer through the air, and depends more upon the general increase of speed while pivoting than the average hammer thrower.

McDougal won the hammer throw at the N. C. A. A. Meet in Chicago and at the Penn Relays.

Mortimer R. Reznick, like Zaremba, began his track and field career at New York University by reporting for the 35-pound weight throw during the winter season. Reznick is 6 feet tall and carries 245 pounds into the circle. While he lacks the rugged strength of his team mate, he depends more on sheer form and speed in pivoting. With the 35-pound weight, Reznick has attained 52 feet. Last season he threw the hammer 156 feet in the local A. A. U. district meet, 159 feet in the Eastern Olympic Semifinal Tryouts, 161 feet in the I. C. A. A. A. A. Meet, and 164 feet in the Olympic Final Tryouts at Palo Alto.

This gradual improvement, extending in chronological order from June 11th to July 15th, has been particularly encouraging to Reznick and his coach. Previous to the 1932 season, Reznick's chief handicap was a lack of confidence in his own ability. With such a record of consistency in competition, it is possible that his improvement in the hammer may be even more rapid in the one year of intercollegiate athletics that is left to him.

Victor T. Malin of Yale made his best competitive throw of the year, 164 feet 7⅞ inches, in the I. C. A. A. A. A. Meet at Palo Alto. He placed second to Zaremba.

G. W. Miller, Jr., of the University of West Virginia is a wonderful hammer thrower for a boy of his inches and pounds. He depends mostly upon his speed for distance. He is but 5 feet 9 inches tall and weighs 170 pounds.

According to his coach, Art Smith, he uses four turns sometimes and three turns as a rule. This depends upon the condition of the circle. His swings and the travel of the hammer in his turns are in an almost horizontal plane; too nearly so to be ideal. His delivery, therefore, lacks the degree of elevation that is necessary. Instead of getting something into the delivery, he simply releases the hammer and lets it go on its way as a result of its own speed, which because of his excellent and very rapid footwork is always tremendous.

"He is now trying to improve on his delivery and should this spring be even better than he is now," writes Coach Smith.

Miller is a very hard worker and has an ideal temperament for this event. His best mark is 163 feet 3⅜ inches made in a dual meet with Temple at Philadelphia last May 30.

M. J. Finlayson of Harvard University is a very good hammer thrower and 35-pound weight man. His coach believes that his turns were much too speedy and that he therefore lost his tremendous leg drive, although his throws exceeded 175 feet many times in practice.

Delma L. Galbraith, a senior at Bowdoin College last year, was fifth man among the hammer throwers of 1931 with a record of 157 feet 5⅜ inches. His best throw of his senior year, 1932, was over two feet better, 159 feet 7⅞ inches, made in the New England Intercollegiates.

Galbraith started his hammer throwing career at Bowdoin without any previous experience. A novice at the game, in his junior year he won the Maine and New England Intercollegiate championships and took second in the I. C. A. A. A. A. Meet.

Coach John Magee developed Galbraith along the same lines he had used with his former pupil, Fred D. Tootell, intercollegiate record holder and one-time Olympic Champion. Galbraith practiced the difficult art of pivoting on the left leg, counterbalancing the weight of the hammer with the head turned to the left, the right elbow bent, left arm straight and with the pull from the left shoulder. Coach Magee believes that this particular form minimizes the degree of fouling in a hammer thrower.

A. D. Converse, Yale University football lineman, threw the hammer 159 feet

¾ inch to take fourth place in the I. C. A. A. A. Outdoor Meet and win a place on the Honor Roll. He also placed third in the hammer event at the Penn Relays.

Norman C. Perkins of Kennebunk, Maine, first took up track and field work at Colby College. He started as a sprinter and tried broad jumping and javelin throwing before becoming proficient with the hammer. His development was gradually gained by hard work and close application to training. When he first took up hammer throwing, he started with one turn, after which he developed a second; during his last two years of competition he was very proficient with three turns. Perkins had excellent form and co-ordination. He stood 5 feet 8 inches tall and weighed 165 pounds. He was a clean living young man and had a great competitive spirit. He was a close student of the game.

Perkins threw the discus 120 feet and the javelin 160 feet. He ran 100 yards in 10.4 seconds and broad jumped 20 feet 6 inches. He possessed high qualities of leadership, being president of his class in his senior year and president of the Student Council. He was winner of the Condon Medal for exhibiting the best qualities of citizenship in his class during his college course. He was a fine student and worked his way through college.

Without previous experience Noble L. Biddinger decided, soon after entering Indiana University, to work on the shot and hammer. As a southpaw freshman, he showed tremendous energy and perseverance. The hammer proved his greatest task, and he concentrated upon it during his sophomore year.

The next year found Biddinger one of the best performers in competition, winning his event in the Western Conference Meet and placing second in the N. C. A. A. Meet. He followed these victories by winning the Olympic Semifinal Tryouts in Chicago. His best mark in competition was 160 feet 6 inches, according to Coach E. L. Hayes, who also states that Biddinger puts the same enthusiastic effort into academic and extra-curricular activities and achieves high honors.

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